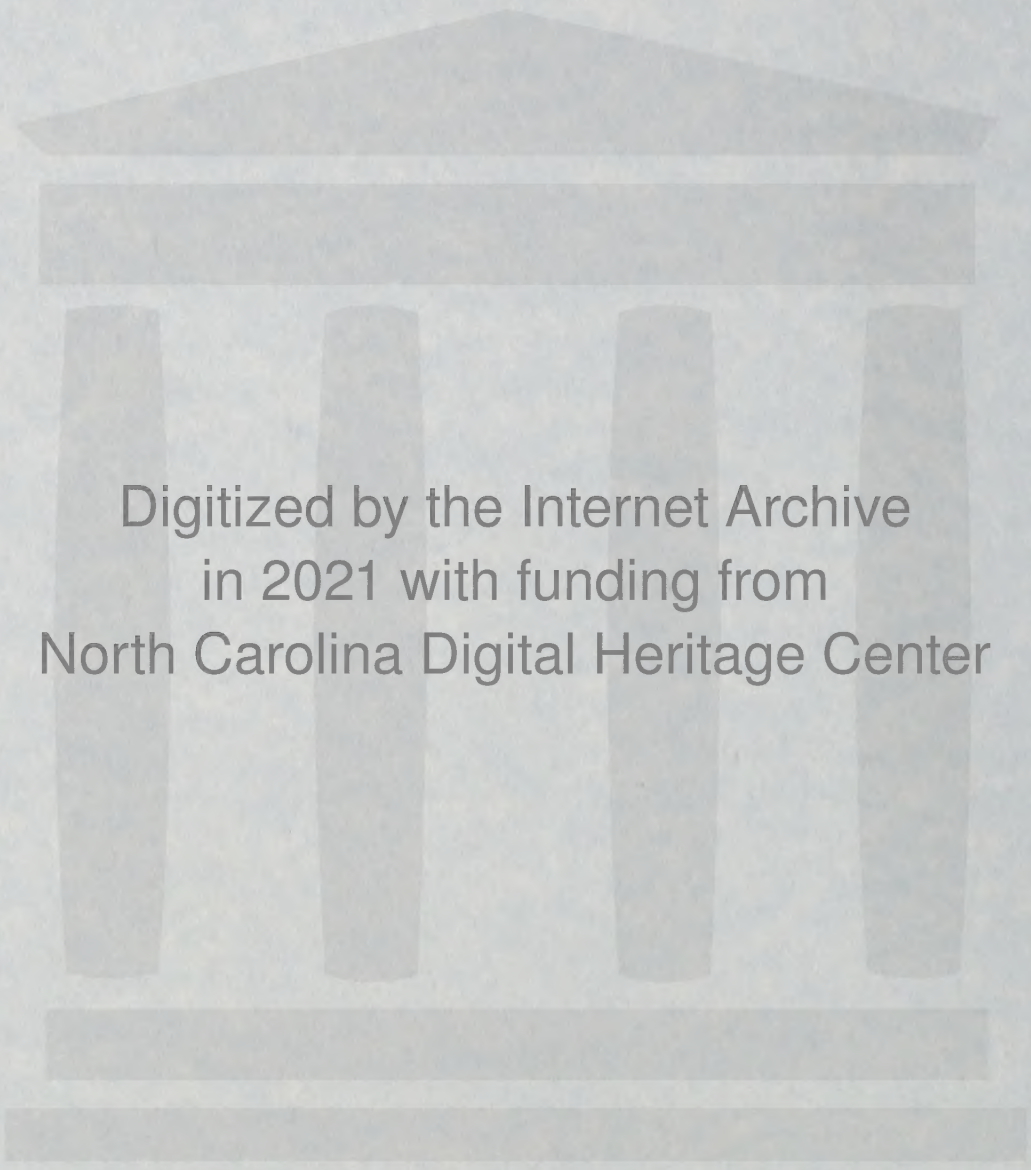
The White Cap 1984



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The White Cap

1984

Watts School of Nursing

3643 North Roxboro Road

Durham, N.C. 27704

Co-editors

Tamara Ashley

Joan Burnett

Dedication

This year the White Cap staff has chosen to dedicate this edition of the yearbook to Joan Reinhardt and Penny Holloway, two of the school's most loved instructors.

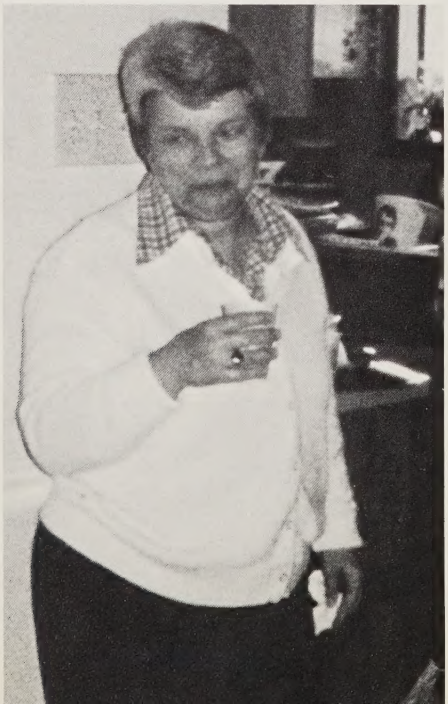
Penny Holloway graduated from the Dorthea Dix School of Nursing in 1942. She attended George Washington University from 1946-1948 and the Catholic University in Washington, D.C., where she obtained her B.S. in public health nursing in 1949. She has also taken graduate courses at NCCU. Mrs. Holloway was an instructor in the LPN program at Watts from 1956-1962. She has been teaching in the RN program at Watts since 1967. She also served in the Army Nurse Corps.

Mrs. Holloway has four children and one grandchild. She Watts' "Poet Laureate" and is an avid parttime farmer. She loves to travel, especially abroad.

Joan Reinhardt is a 1955 graduate of Watts. She obtained her BSN from UNC-Chapel Hill in 1969. She taught at Watts from 1969-1977 and began in August 1980 and has been here since.

Ms. Reinhardt is well known for her cooking and is especially famous for her plum cake. She enjoys classical and opera music. She is affectionately known as "Joanie-Balonie." She also served as one of the student council advisors this year.

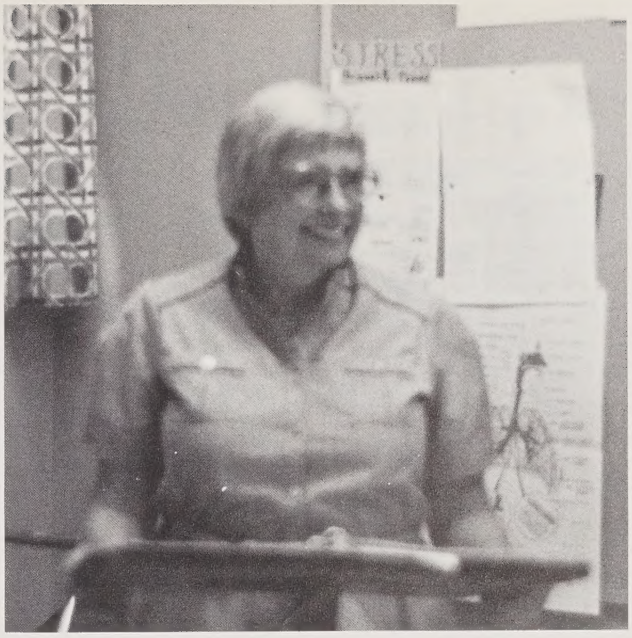
Mrs. Holloway and Ms. Reinhardt we thank you for all your help and support. We love you.



Penny is always willing to help out.

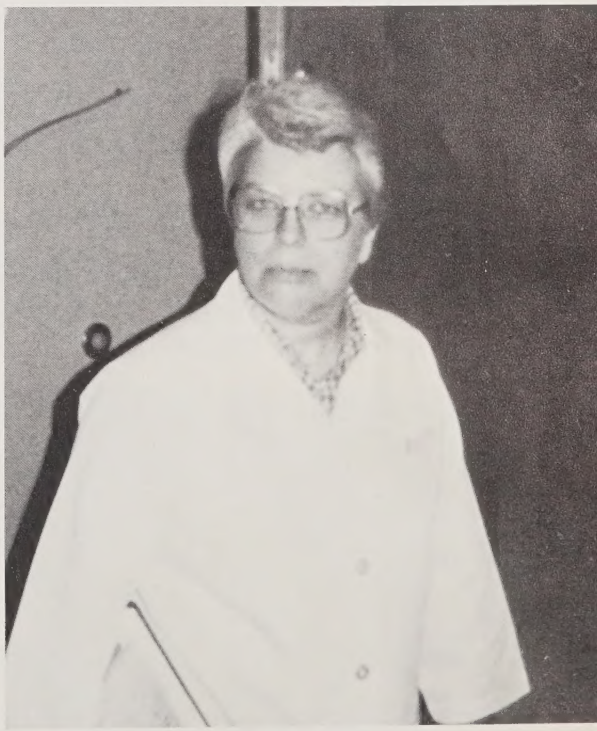
Joanie does have a way with kids.

Joan served as student council advisor this year.



Mrs. Holloway, a junior Med-Surg instructor, is famous for her lecture against smoking.

"Come on in my door's always open."



Ms. Reinhardt, also a junior Med-Surg instructor, is somewhat of a clown.

"An Era of Pride"

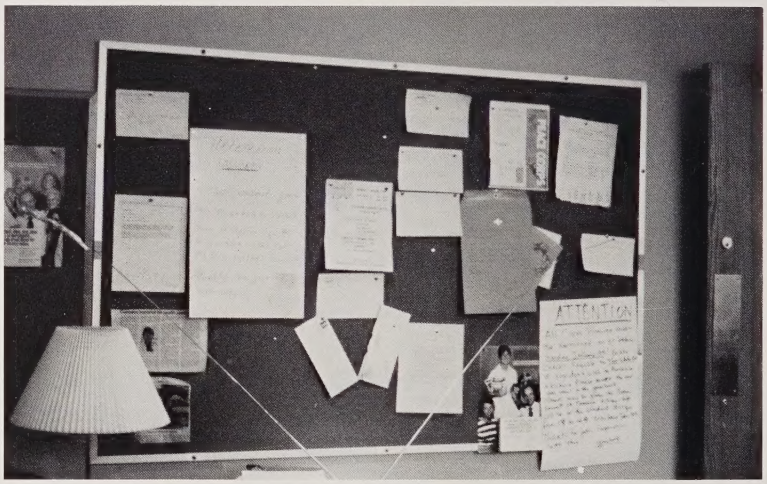
When you look back over the years of nursing, the profession did not exactly start out as being one of the most respected ones. Remember the Sary Gamp nurses; nurses were looked at as dirty, alcoholics, as taking bribes and as sleepers on duty. During this time nurses were considered as the "lowest possible class of people."

Then a fellow by the name of Theodore Flexnor decided that something needed to be done about nursing, so he established a school of nursing in which he taught housekeeping, bookkeeping, and patient care. He accepted only intelligent women and one of his students was Florence Nightingale. In 1860 Florence Nightingale started her own school to offer formal education for nurses.

Then there was Dorthea Dix who was superintendent of nurses in the Army during the 1860's. She stated that her only regulations for nurses were that they were over thirty and lacking beauty and that they wear a plain looking costume.

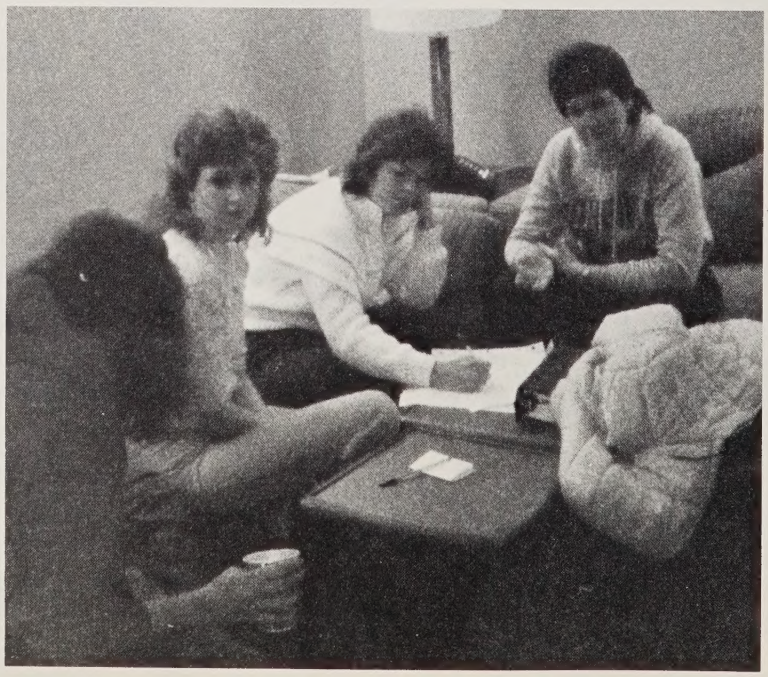
Towards the end of the 19th century the ANA was formed and in 1895 a school evolved here in Durham known as The Watts Hospital School of Nursing. At the time Watts started students spent not only time in class, but also worked for the hospital. They

Good ol' Watts, our home away from home.

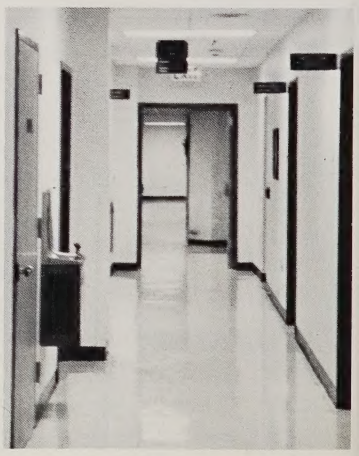


Everybody's favorite spot, the student lounge . . . with it's information center . . .

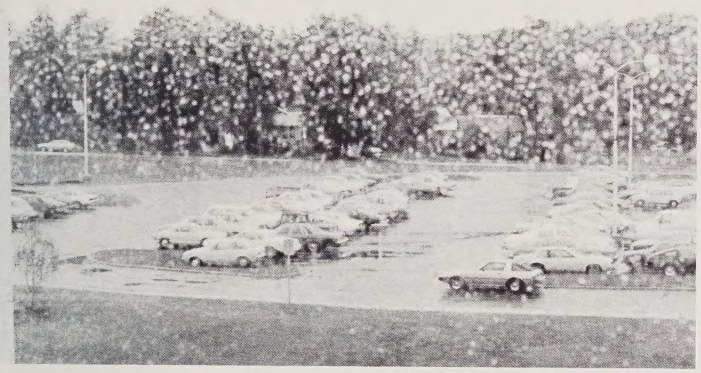
Room for studying . . .



Or group meetings.



It seems we all work hard to make Watts a school to be proud of.



"Neither rain nor snow . . .

Nor dark of night" . . . keep the Watts Students from doing their duty.

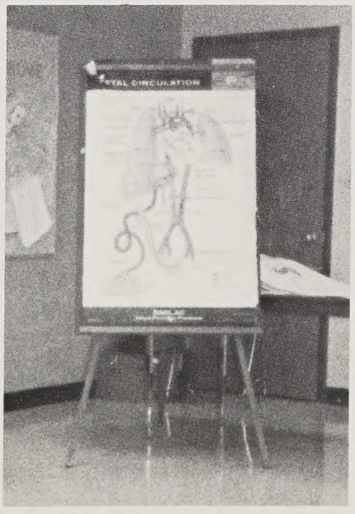
worked all three shifts and often attended classes after they had worked. The students lived in dorms when they weren't working or attending class. They had curfews and rooms were checked to be sure that everyone was in bed by a certain time.

Things have changed a great deal over the years. There are no more dorms or curfews. Students have separate lives from school and the hours are much better.

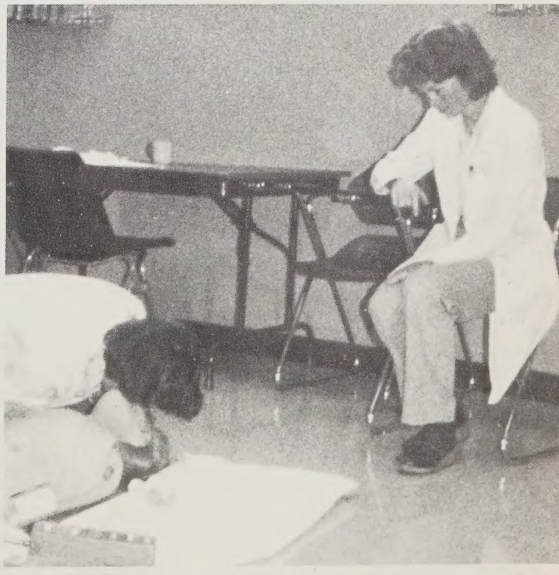
One thing that has not changed since the very beginning of the Watts School of Nursing is the pride that exists. Pride in the education they provide, pride in the fact that they are the oldest diploma school in North Carolina, pride in the high passing rate of their students on state boards, pride in their appearance, pride in the high standards they set, and pride in the fact that Watts nurses are known throughout the world and have always been considered as excellent nurses. The past 89 years have been what you might call AN ERA OF PRIDE!

In the coming years Watts will be merging with a university to offer a 4 year degree. If things go as expected this will be the end of the oldest diploma school in N. C., it will also, however, be a new beginning, a new era. Hopefully Watts will continue to set high standards and continue to be able to take pride in the nurses they produce.

Here we have an excellent resource spot . . .



Helpful classroom aids . . .



And concerned instructors.

Activities

Freshman Orientation

The first week of Watts for the freshman is a very busy time. This week is known as Freshman Orientation.

During the week there are tours of the hospital and library facilities, demonstrations on fire safety, schedules for their classes are given out and a health screening is done. But the best part is a pool party given by the Ladies Auxillary of the hospital. This gives the freshman a time to relax and get to know one another.

Orientation week is also a time of many emotions. It is a time of fear of the unknown, uncertainty about what lies ahead and the excitement of something new.

Freshman were made welcome by upper classmen.

I wish she'd hurry up!

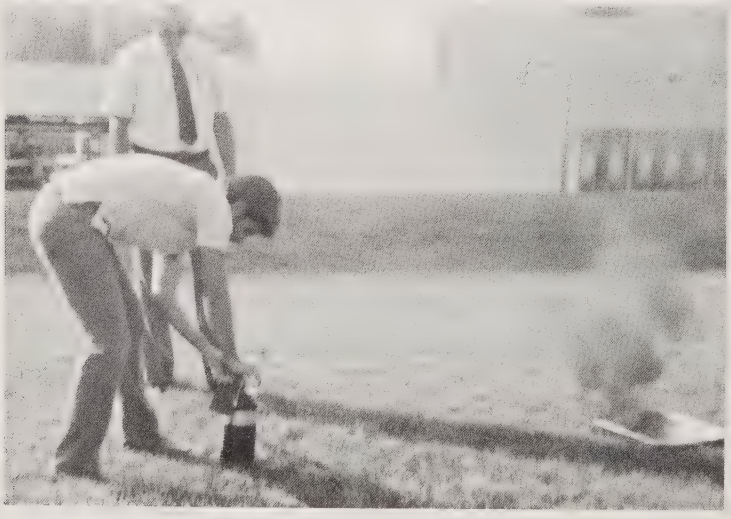
Miss Perry briefs the freshman.

"How's it going Cathy?"

This is so boring . . .

Just in case Arson ever crosses the mind of a Watts Student, special instructions are given on fire fighting during orientation week.

Don't stand there and look at it!! Do something about it!



If you don't hurry up I'm calling the fire department.

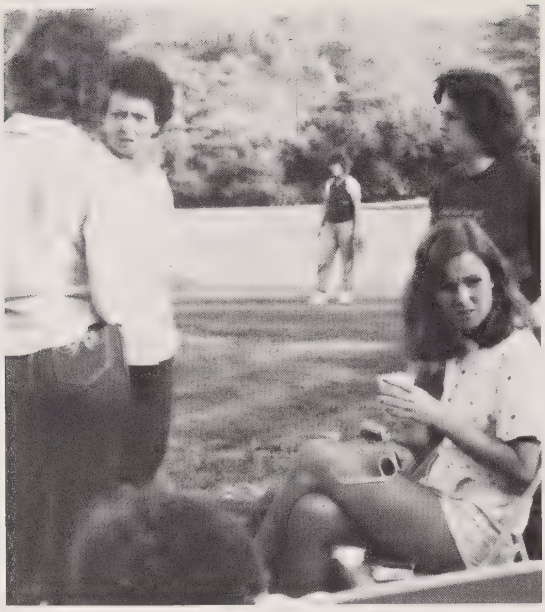
Fall Picnic

The fall picnic this year was a great success thanks to Diane Holloway who gave us a beautiful place to cook hamburgers and hot dogs and play volleyball. It's a time for everyone to catch up on all the news from the summer break and of course the keg was a special guest. The freshman get to salute the seniors with a special song while the juniors anticipate the busy year ahead.

And who said we couldn't cook?

A time to socialize

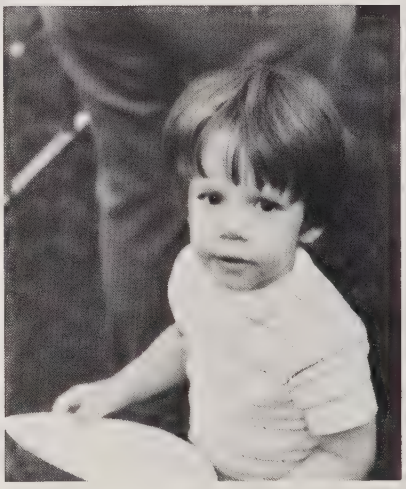
Everyone comes out to drink and have a good time.



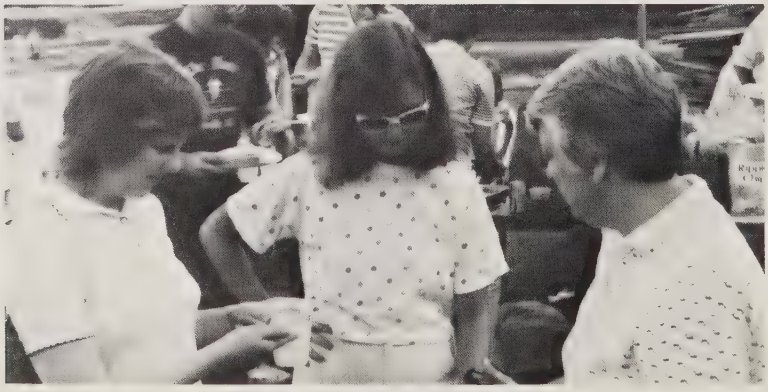
No, I'm not drunk

The hands of a surgeon at work.

Don't they look great



Feed me!



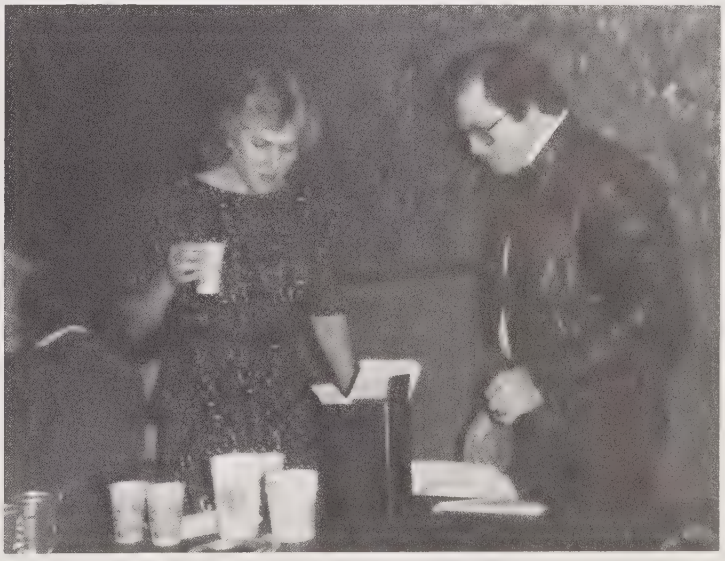
Look who's operating the keg.

Christmas

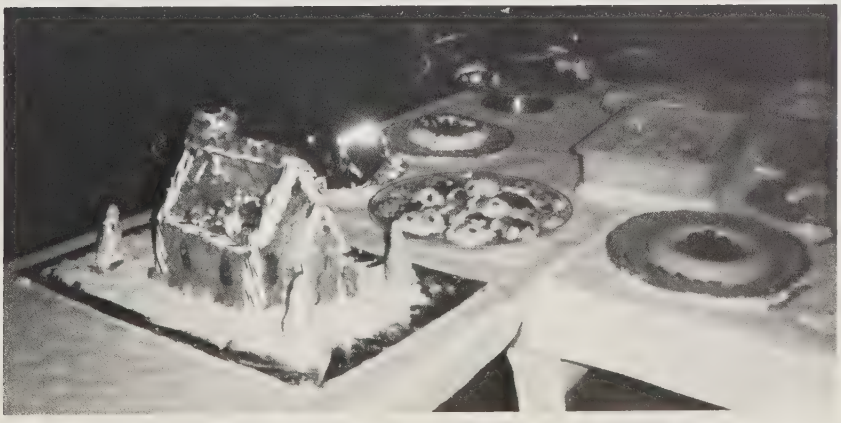
The Christmas dance was a huge success this year. Thanks to the Junior Class, the Moose Lodge glowed with the spirit of Christmas. Everyone came out to have a good time. The first annual Watts Bake-Off was held this year at the dance. Students prepared refreshments that were judged on the colorfullness and appearance of the dish. A lot of students participated, but Kim Stevenson was the big winner.

Big Dave never let's us down!

Congratulations Debbie and Kim



No JB, I didn't drink the whole bottle!



Lets Party!!!

Here comes Hollywood

What's so funny Pat?

We had a jolly ol' time at the Watts Christmas dance, Everyone on good behavior — didn't dare take a chance.

Saint Nicholas was watching, of that we were certain. Didn't want him to think we were doing anything but flirtin'
And dancing and singing and just having fun — Celebrating — classes out and holidays begun.
We had a very Merry Christmas as you can see here, And we were back in school after a Happy New Year!

Penny Holloway

A time to socialize.

And we danced the night away!

I didn't know David could dance!

Pat Hagler tells Diane Holloway, "Just watch it!"

What's wrong with you, Phyllis?

Don't mess with my poodle!

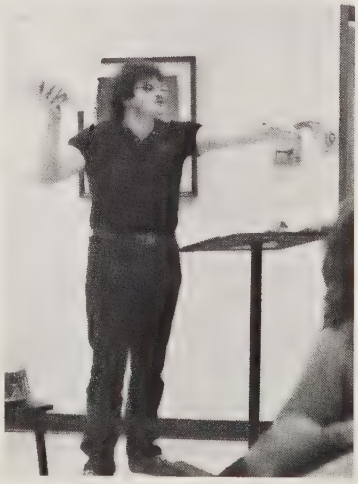
Auction

In February, the student council sponsored a Faculty Auction. Members of the school faculty donated their services and the students made bids for the things the faculty offered. Senior, Ron Hicks was the auctioneer who added spirit and comedy to the affair. Student council president, Susan Craft began the auction with a slide show introducing the faculty members who donated projects to the auction. The student council raised almost $400 for the Student Government funds and everyone had a fun time.

Pat Haglar's daughter Katie added something special to the night.

Everyone seemed to be having fun.

Even Mrs. Robeson made an appearance.



Maybe you chose the wrong profession Ron.

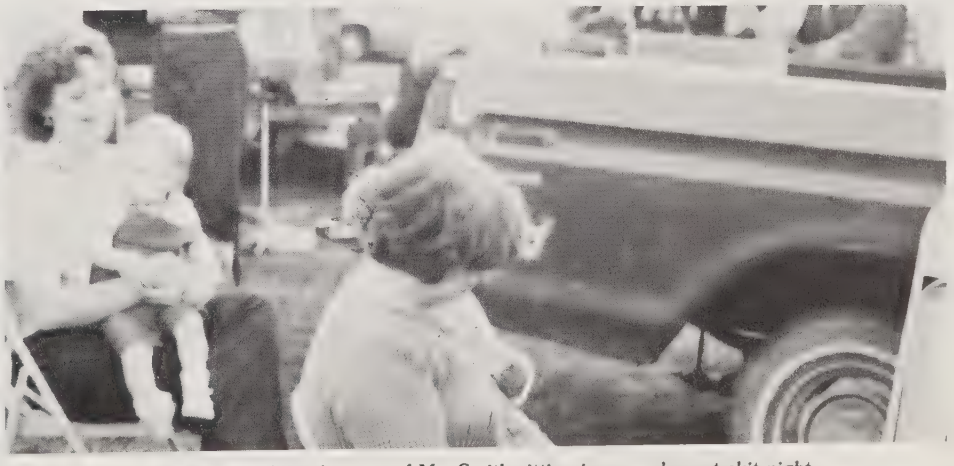
Spring Picnic

Although the weather had been rainy for several days before, someone was with us the day of the spring picnic. The sun was out and the weather was warm as the crowd arrived at Ella Bryants' farm for the annual student body spring picnic. The smell of hamburgers cooking on the grill filled the air and it didn't take people long to discover the keg. Faculty members again brought the desert as they did for the fall picnic, and boy can they cook.

After all the food had been eaten new student body officers were installed. Tammy Melton took over the job of student body president, Janet Clayton was sworn in as vice president, Sandra Anderson as treasurer, and Jeff Barkhouse was sworn in as president-elect. Star Browning and David Williams were chosen as advisors.

Following this activity, the students did skits about the instructors. With graduation closing in, the seniors were full of themselves and full of skits. Ronnie Hicks used some popular music to fill the juniors in on what senior year is like. After the skits got started, David Williams and April Perry decided to do some skits about students. Pat Hagler and Linda Seate were their victims.

Now it's time to eat



Joanne Scott plays the part of Ms. Smith sitting in on a class at skit night.

Mommy, mommy! Can I have a cookie!

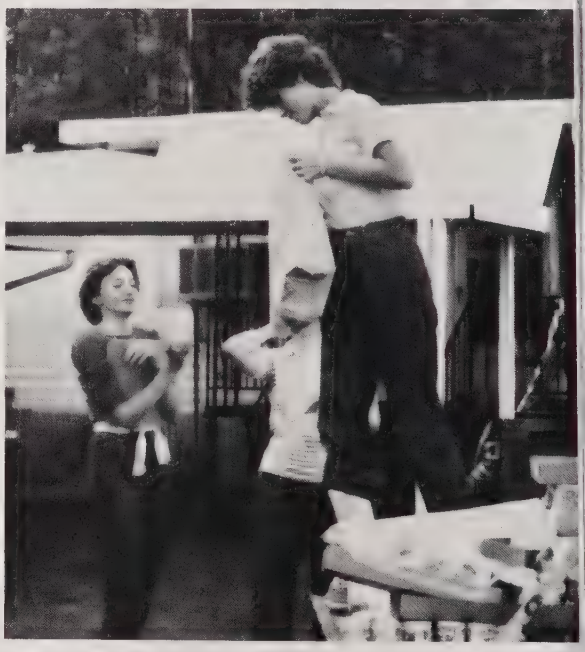
The freshmen wonder if junior year is really that bad.

Let's play ball!

The crowd anxiously awaits the beginning of the skits.

Senior, Ed Hammitt wonders where the juniors are.

Tina Stewart plays the part of an instructor, but all her students can do is laugh.

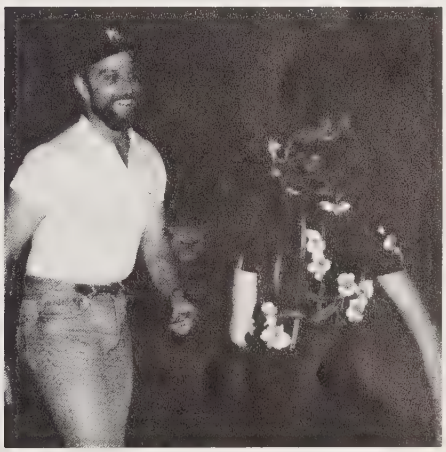


Melissa Wicker has some surprises in store for student council members.

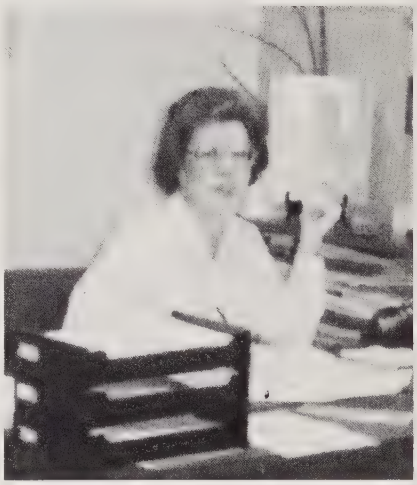
Ron Hicks had the crowd in hysterics as he used music to do his skit.

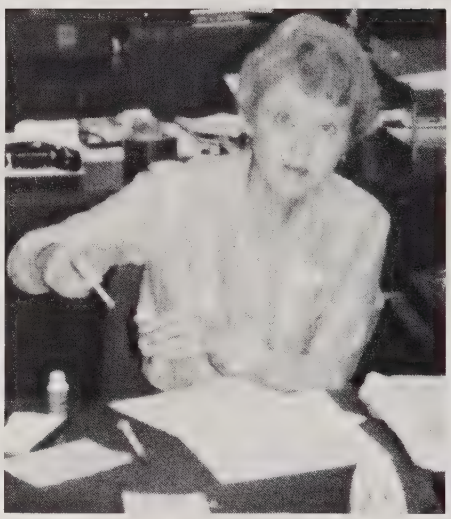
Susan Craft happily hands over the job of president to Tammy Melton.

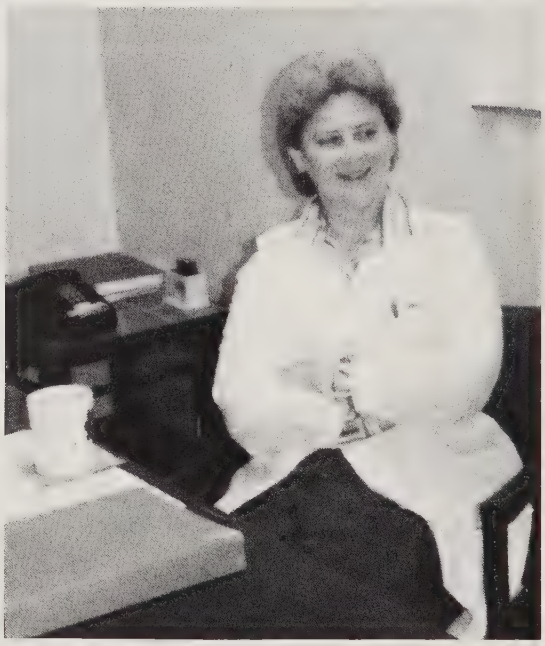
The theme was Beach and the night air was warm, providing an atmosphere for partying. The seniors, although still not quite able to say they had finished, were able to relax and enjoy the evening. The freshman and juniors took a night off from studying to get out and enjoy a chance to socialize and dance. Refreshments were provided by class members — we realized that people can cook. By the time the dance was over, everyone was ready for summer and the beach.



Administration and Faculty







Instructor, wife, mother, counselor, and friend are among the many roles that Watts instructors assume. Much like us, they have a very busy schedule. Afterall, they have to be at clinical just as early as we do, and for every paper we have to do, they have to grade. In addition to this, they also have meetings to attend, and what ever else administration may give them to do.

They are good listeners when you have a problem or just want to blow off steam, and they give direction to us in clinical and in class.

This year they made it possible for us to have a Faculty Auction, where their services were auctioned off to students. We found out that many of the instructors are good cooks as well as being very talented.

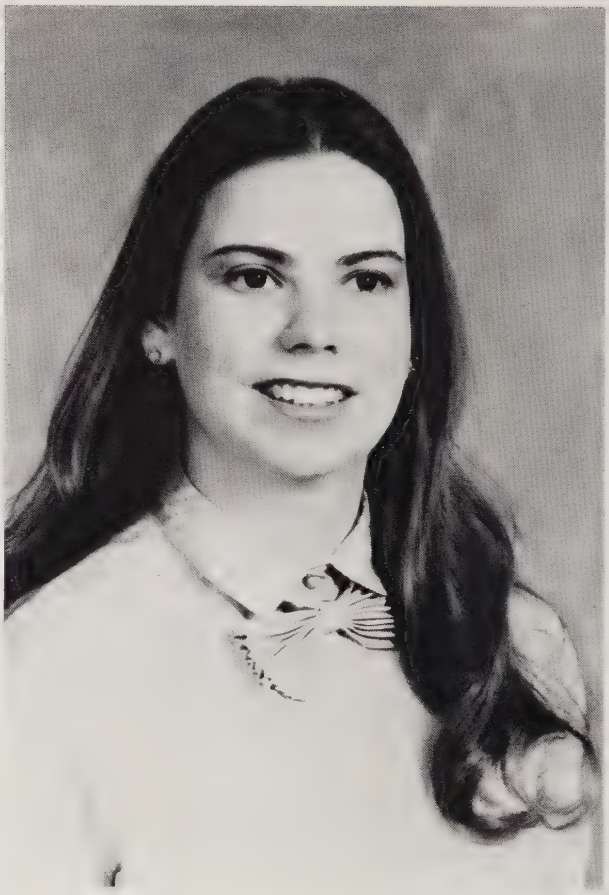
Marie Robeson
Dir. of Nursing

Beverly Smith
Dir. Nsg. Education

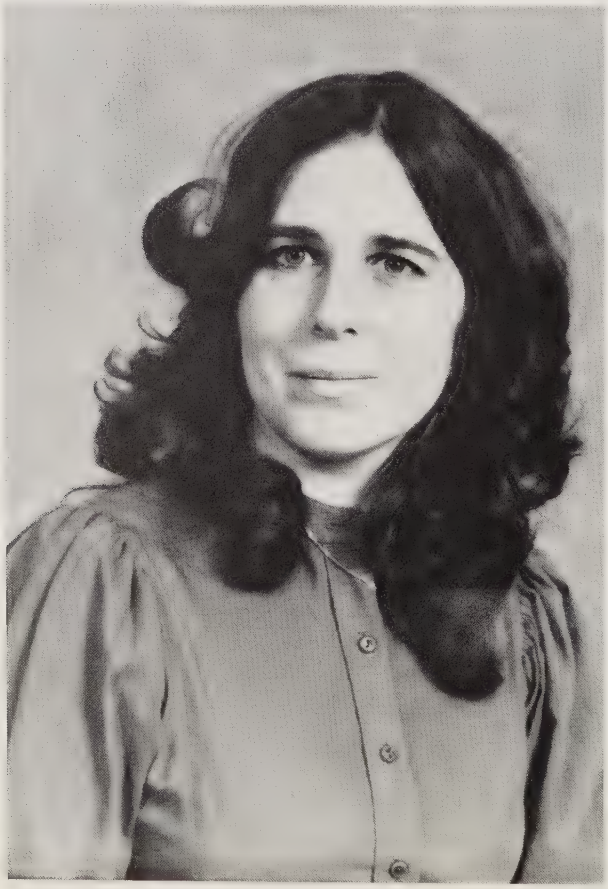
Greta Brooks
Asst. Dir. Nsg. Education

Pamela Aldridge
Recruitment Director

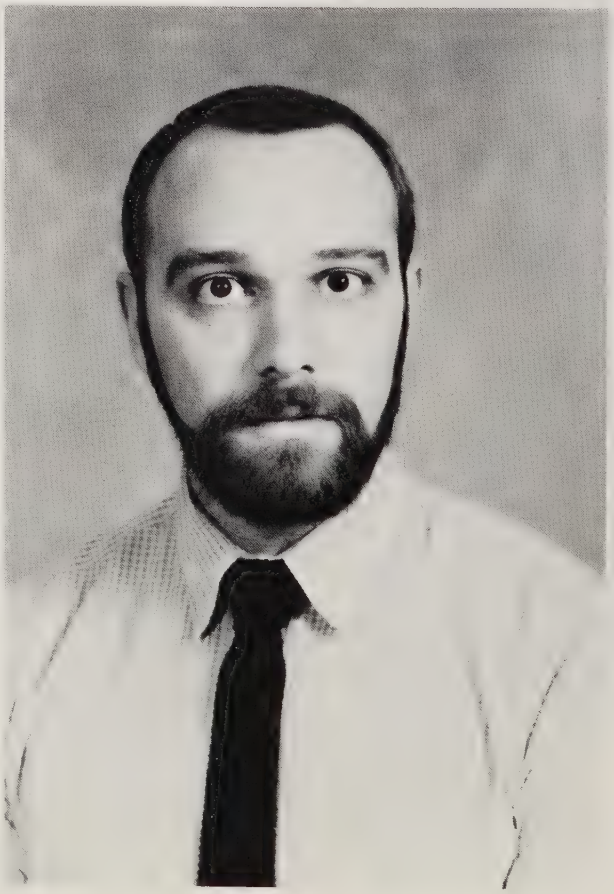
Lynn Dorman
Secretary



Starr Browning
Freshman Instructor



Donna Rogers
Freshman Instructor



David Williams
Freshman Instructor

Myrtle Mayfield
Pediatric Instructor

Jane Salmon
Pediatric Instructor

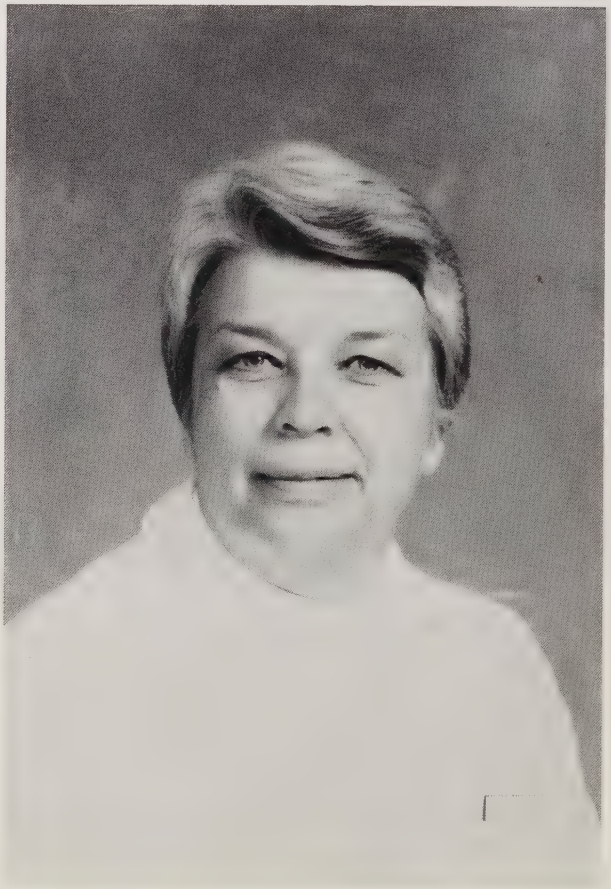
Judy Willink
OB Instructor

April Perry
Jr. Med. Surg. Instructor

Penny Holloway
Jr. Med. Surg. Instructor

Connie Suprano
Jr. Med. Surg. Instructor

Ms. Hobbs
Asst. Librarian



Joan Reinhardt
Jr. Med. Surg. Instructor

Mrs. Hoover
Librarian

Maureen Lehane
Sr. Med. Surg. Instructor

Peggy Baker
Sr. Med. Surg. Instructor

Betty Faulkner
Psych. Instructor

Gail Pruett
Psych. Instructor

Freshman Class Officers

Amy Fergerson, Diana Lacombe, Jeff Barkhouse, Michele Ellis, Chris Burns.

President: Chris Burns
Vice-President: Jeff Barkhouse
Secretary: Amy Fergerson
Treasurer: Diana Lacombe
Secretary to Student Body: Michele Ellis

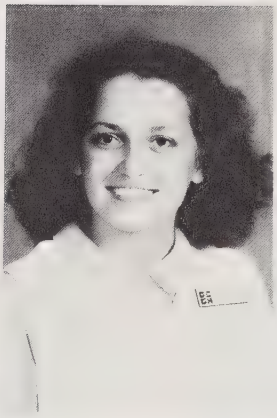
Class Motto: If you can imagine it, you can achieve it. If you can dream it, you can become it.
William Author Ward

Class Flower: Daisy
Class Advisors: Donna Rogers
Starr Browning

The Start to a New Beginning

The Freshman

Angela Anderson



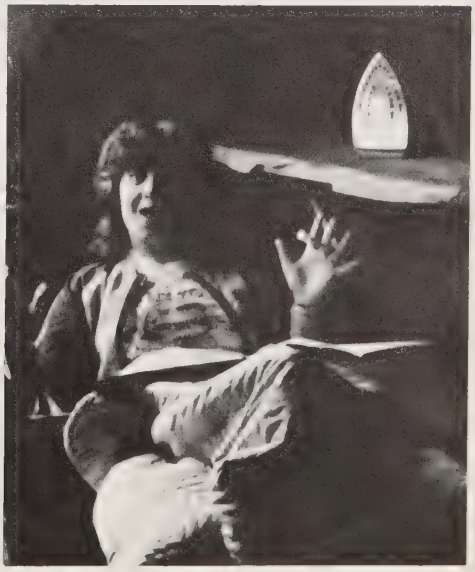
Sharon Anderson

Kimberly Barnes

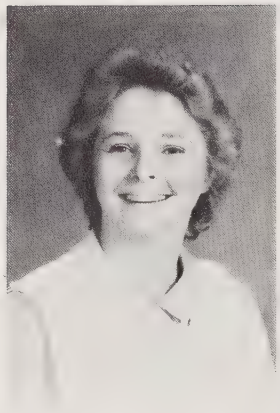
Gurbaksh Basra

Doree Behrman

Chris Burns

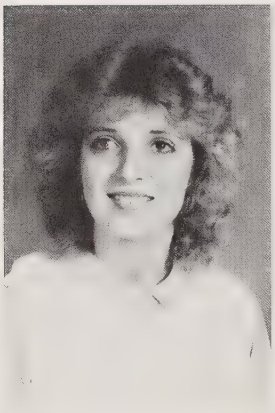


"Why Me? What did I get myself into?" says Cathy Evans.

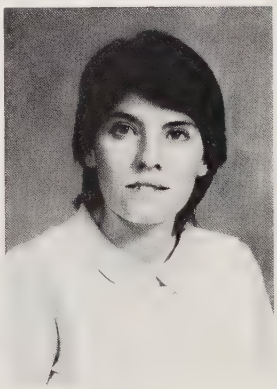


Shelby Cherry

Shelia Crawford



Donna Davis



Carol Drye

Michele Ellis

Watts School of Nursing Friendships; Many come and go and most student nurses such as Michelle McElroy and Janice Turpin find it much easier if there's someone there to help push them through.

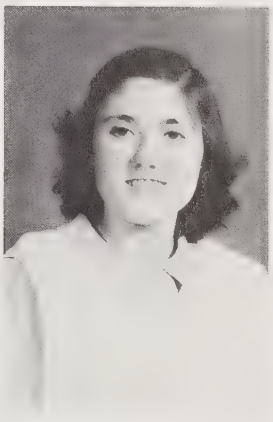
When Ms. Browning speaks everyone listens.

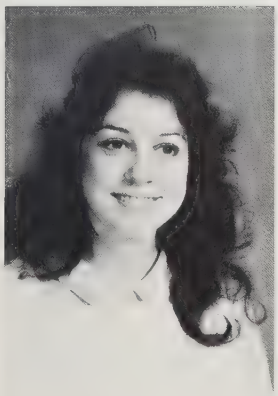
Cathy Evans

Amy Ferguson

Elaine Goss

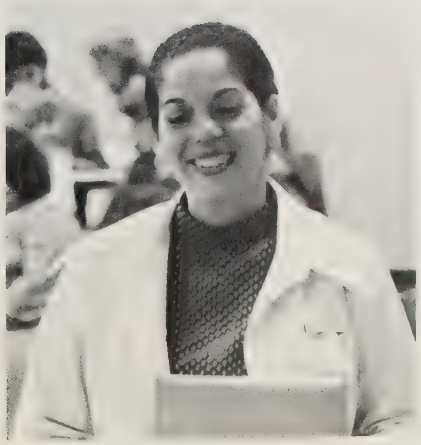
Janet Harris





Diana Lacombe

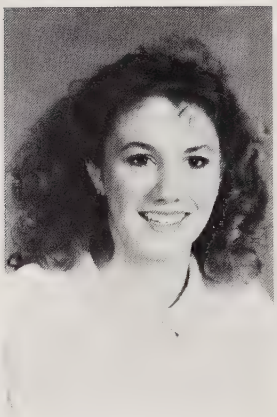
Doris O'Quinn



"Earth to Ms. Lipscomb, Are you there?"

Kim Stephensen's plate of cookies won first prize at the Christmas party which consisted of a gift and a dance with Mr. Williams.

Lynn Spencer

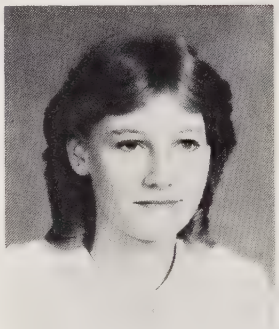


Kim Stephenson

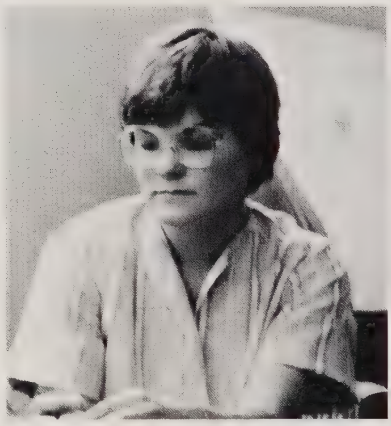
Taking a break to converse with neighbors.

Suzan Sterling

Janice Turpin



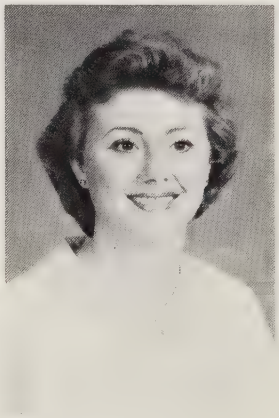
Diane Wells



Relaxing a moment prior to class.

Robyn Wentz

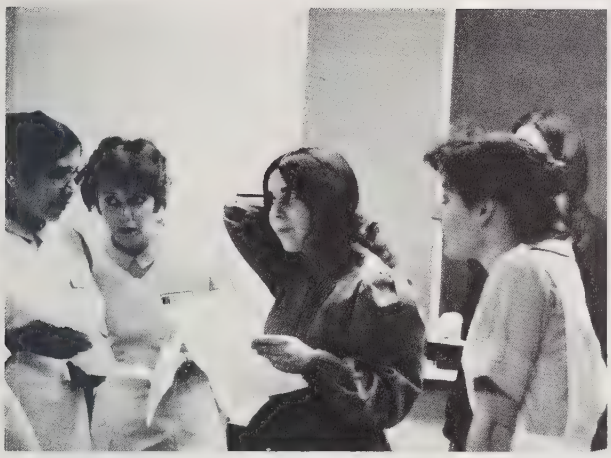
Lori Whitaker



Jane Whitaker

Not Pictured: Melody Anthony, Amy Babinec, Rennie Burgess, Sarah Cook, Lisbeth Dickens, Kimberly Edmanson, Krista Flair, Teresa Franks, Myra Goins, Deborah Hale, Laura Harrelson, Lynn Hartley, Sandra Hopkins, Paula Johnson, Sandra Loftis, Michelle McElroy, Robin Miller, Vickie Moore, Sherrie Palmer, Sindy Richardson, Gina Rigsbee, Rebecca Sanghavi, Sherry Stuelky, Jennifer Weatherspoon.

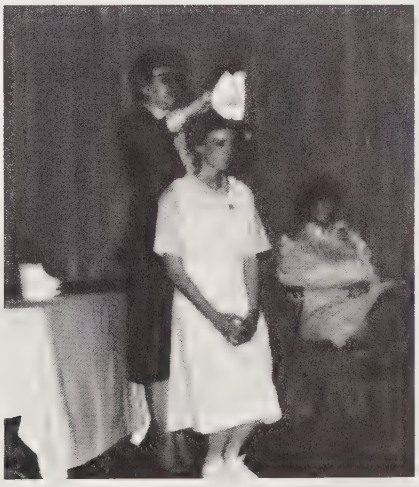
Capping
One Step Closer . . .



Listen carefully so you'll know what to do.

Will my turn ever get here?

Only a few more student nurses left to cap says Ms. Smith.



On January 9, 1984, with breathless enthusiasm, the freshman class accepted their nursing caps — the outward sign that they had completed the first of many achievements in the course of their RN training. Many hours of clinical practice and study characterize the first semester of the freshman year.

All ears listened as Ms. Smith described the true meaning of the cap, a symbol for caring, loving and understanding. The freshman took these words of encouragement as they complimented each other for their achievements and anxiously awaited the next goal of their nursing career.

I can't wait to get back to my seat.

It's finally over.

Through These Hallowed Halls . . .

Junior Class Officers

President: Carolyn Overby
Vice-President: Susan Cates
Secretary: Shelia Murray
Treasurer: Jo Ann Scott

Class Motto: Those who help, care, and bring sunshine to the lives of others cannot keep it from themselves.

Class Flower: Red Rose

Class Advisor: April Perry

Officers: Carolyn Overby, Shelia Murray, Susan Cates, Jo Ann Scott

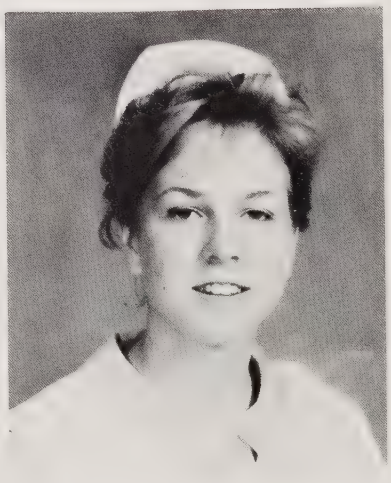
Juniors

Becky Albright

Sandra Anderson

Cindi Barnes

Patti Bostian



Christi Brown

Susan Cates

Jane Chambers

Eve Chandler

Janet Clayton

Deanne Dixon

Sharon Elliott

Sallie Fields

Juanita Fisher

Renee Harris

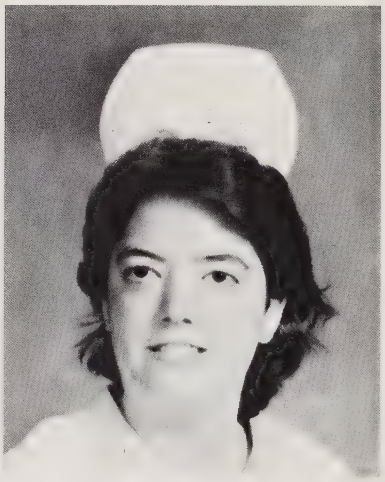
Teresa Jones

Kim Long

Karin McArian

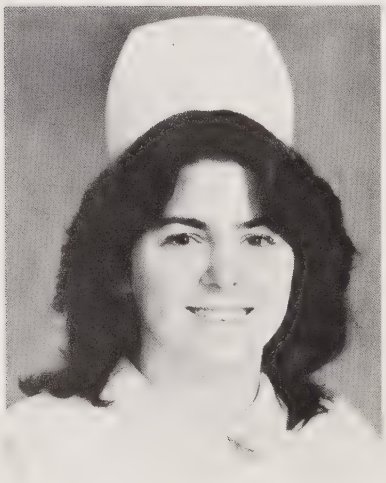
Tammy Melton

Martha Morton



Shelia Murray

Linda Nason



Carolyn Overby

Randi Parham

Geneva Parks

Tracy Spoon

Tina Stewart

Sharon Tilley

Juniors Not Pictured

Caroline Bennett, Barbetta Brown, Karen Chestnutt, Crystal Dunn, Maria Evans, Nina Fowler, Richard Hailey, Alecia Harrison, Helen House, Faye Huff, Tracey Kale, Elizabeth Maginnes, Donna Neal, Pam Rigsbee, JoAnn Scott, Stephanie Scott, Mary Stewart, Laura Thompson, Mitzi Thornton, Mary Ann Whaley, Rebecca Wheeler.

Alice Warmack

Frances Watson

Melissa Wicker

Felisia Wheeler

Paula Zimmer

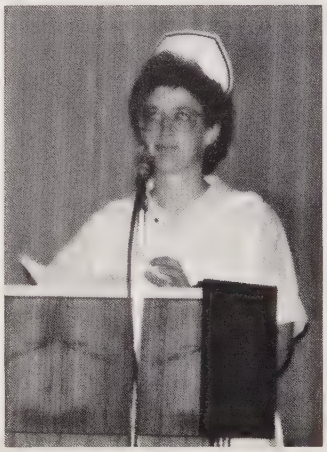
"To the class of 85"

Black Banding

Speakers await the entrance of the juniors

Dr. Recklass addressed the class of 1985.

The juniors began to arrive at 6:30 for their big night. This was the night that they would receive their blackbands to signal that they were now upperclassmen. As the juniors entered the auditorium, you could see the pride in their eyes. All of the hard work and long hours had paid off. This was the last big step before graduation. They had made it through two tough years, and now with their blackbands, everyone would know they were seniors.



Student Body President.

This is it!

Melissa Wicker was Blackbanded by her sister Nancy.

Joan Reinhardt, after blackbanding one of many students.

The presentation of the Annie bust has been a tradition at the blackbanding ceremony since 1943. That year a nursing student won the bust at the state fair and named her "Annie". At the end of the year when other roommates were saying goodbye, she said goodbye to her roommate, Annie, by passing her on to the two closest roomates in the junior class. This year, Annie was passed to juniors Tammy Melton and Janet Clayton, by seniors Paula Talbott, and Tammy Scheid.

Seniors

Class Motto: I expect to pass this way but once;
Any good therefore that I do,
or any kindness that I can show
to any fellow creature,
Let me do it now.
Let me not defer it,
For I shall not pass this way again.
—Ettienne DeGrellet

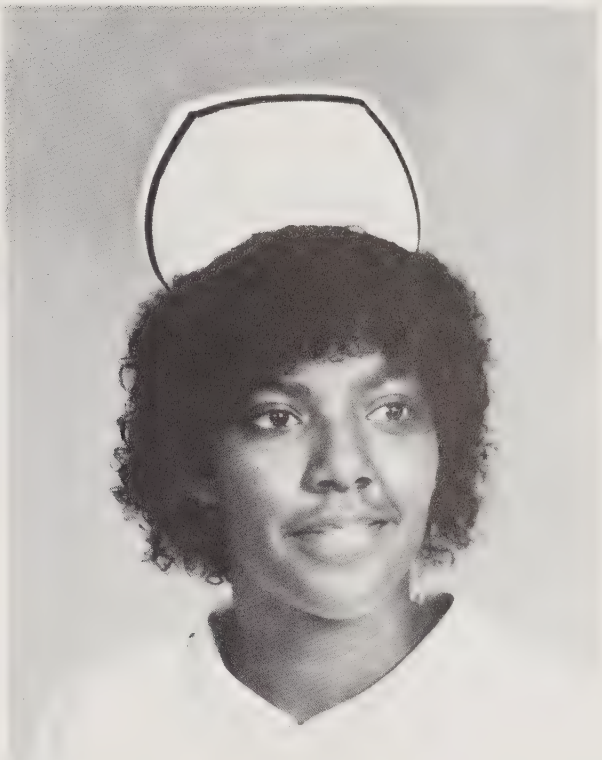
President: Phyllis Stadler
Vice-president: Paula Talbott
Secretary: Nancy Winne
Treasurer: Lisa Walker

Class Flower: Yellow Rose
Class Advisors: Peggy Baker
Myrtle Mayfield

Senior Officers: Paula Talbott, Phyllis Stadler, Nancy Winne and Lisa Walker.

With the end of August came the beginning again of school, but, for the seniors, this would be the last time they would have to return to classes, following summer break. As they became involved in Psych and Med-Surg, the fact that they were indeed seniors slipped to the backs of their minds. They thought about being seniors only occasionally and usually for short periods of time. As the first quarter came to an end they began to realize that they could see the light at the end of the tunnel; the end was getting closer. Only one big quarter left and then Management. As they signed their names on the role sheet as they wanted them printed on their diplomas, they began to feel like it was real and not a dream.

They started out, many of them knowing nothing about nursing. They felt awkward about giving bed baths, and worried about whether or not the bed was made just right. As they finished their long three years, their worries changed to Swan lines and therapeutic communication. They survived Watts, the question is: Did Watts survive them?



Patricia Lloyd Anderson
Oxford, North Carolina

Tamara Dee Ashley
Winston-Salem, North Carolina

Kimberly Cheryl Bailey
Durham, North Carolina

Carolyn Dean Baker
Graham, North Carolina

Ella Bryant
Durham, North Carolina

Joan Pierce Burnett
Durham, North Carolina

Karen Leigh Culbertson
Raleigh, North Carolina

Susan Hope Craft
Durham, North Carolina

Martha Smith Croom
Raleigh North Carolina

Doris Deen
Bo Sierr Leone, West Africa

"And then the enema tubing came loose."

Denise Ann Delionbach
Durham, North Carolina

Karen Ann Denton
Durham, North Carolina

Debra Lynn Dymott
Lexington, North Carolina

Paula Renee Elliott
Durham, North Carolina

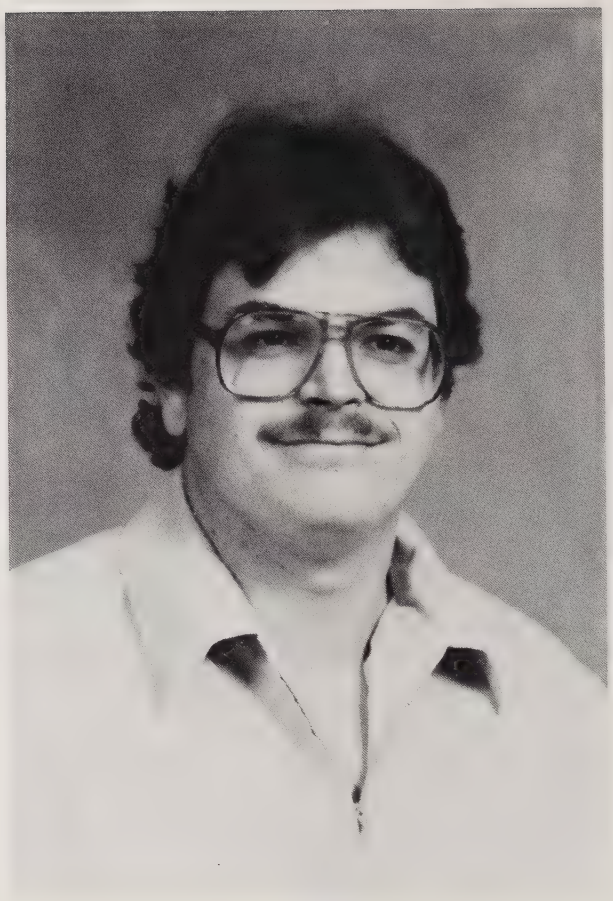
Watching the daily soaps? "Fer sure, fer sure."

Terra Linda Ewing
Cary, North Carolina

Mary Wynn Gee Fong
Honolulu, Hawaii

Patricia Hagler
Durham, North Carolina

Edward Hammitt
Durham N. C.



Ron Hicks
Roxboro N. C.

Diane Holloway
Norfolk, V.A.

The Modern Language of Psychiatry
I never get mad—I get hostile
I never feel sad—I'm depressed.
If I sew or knit and enjoy it a bit
I'm not handy—I'm merely obsessed.
I never regret—I feel guilty
And if I should vacuum the hall

Pamela Hooper
Yanceyville N. C.

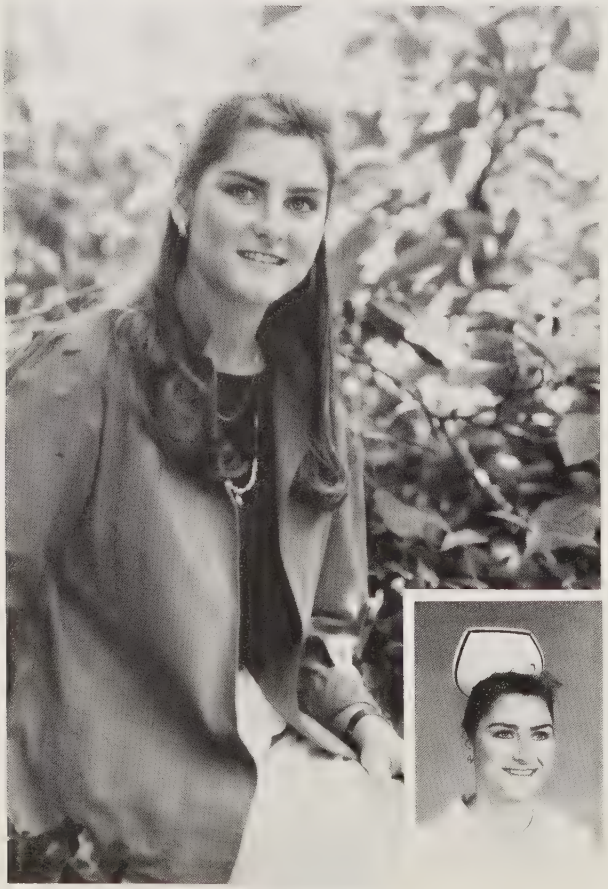
Wash the woodwork and such,
And not mind it too much—
Am I tidy? Compulsive is all.
If I can't choose a hat—
I have conflicts with an ambivalent feelings
Toward net.
I never get worried or nervous or hurried
Anxiety—that's what I get.
If I'm happy, I must be euphoric—
If I go to the stork club or the
Ritz and have a good time making puns or a
Rhyme—
I'm a manic or a schiz.
If I tell you you're right—I'm
Submissive,
Repressing aggressiveness too:
And when I disagree, I'm defensive,
You see,
And projecting my symptoms on you.
I love you but that's just transference
With Oedipus rearing his head.
My breathing asthmatic is psychosomatic
A fear of exclaiming "Drop DEAD"
I'm not lonely—I'm simply dependent
My dog has no fleas—just ticks.
So if I seem a cad, never mind, just be glad.
That I'm not a stinker—I'm sick.
—Author: Unknown

Gail Lester
Durham N. C.

Carol McCann
Roxboro, N. C.

Faye Miller
Roxboro N. C.

Sallie Ann Peele
Edenton N. C.



Pamela Ann Roach
Durham N. C.

Margaret Rogers
Graham N. C.

Tammy Scheid
Calabash N. C.

Sandra Seal
Durham N. C.

Linda Seate
Durham N. C.

Judy Siefker
Durham N. C.

Nancy Stadler
Burlington N. C.

Phyllis Stadler
Burlington N. C.

Rebecca Stafford
Graham N. C.

Paula Talbott
Clarksville V.A.

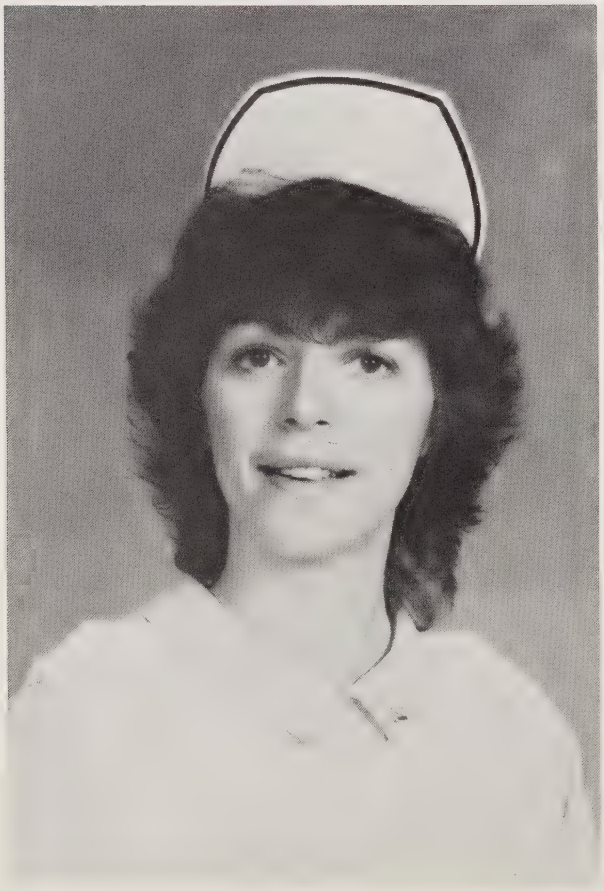
Gayle Terry
Creedmoor N. C.

Sybil Tyndall
Durham N. C.

Lisa Walker
McLeansville N. C.

Kathy Walsh
Raleigh N. C.

Sandra Wheeler
Durham N. C.



Nancy Winne
Cooperstown N.Y.

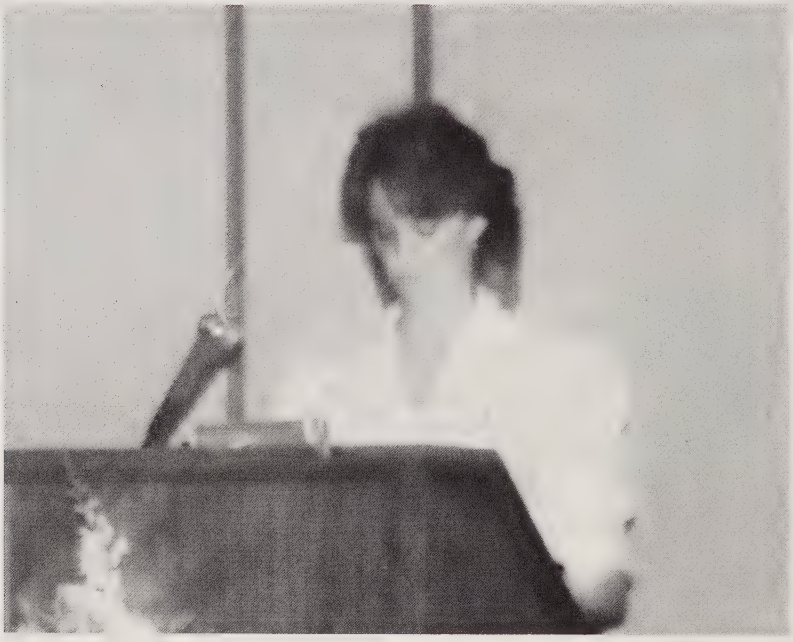
Joann Worrell
Burgaw N. C.

Watts Syndrome

NURSE DIAGNOSIS	EXPECTED OUTCOME	INTERVENTIONS
STAGE I: ***Excitement, mild anxiety, delusions of grandeur ("I can do anything") confusion, overwhelmed by so much to do.***	***Finish Freshman year with a passing grade.***	*1) Talk with juniors to decrease excitement level.* *2) Be supportive when student realizes that they can't do it all.* *3) Direct in right direction as necessary* *4) Remind to take things one day at a time*
STAGE II: ***Moderate anxiety, GI problems (Nausea diarrhea) Anorexia or obesity, paranoia, suicidal ideations, substance abuse (nicotine, caffiene, alcohol), fatigue, frustration, urinary frequency, depression, short-term memory loss.***	***Successfully complete junior year***	*1) Do breathing exercises before the test to reduce anxiety* *2) Reinforce to each other that, "We will make it."* *3) Eat at least one balanced meal/day* *4) Take peptobismol PRN for upset stomach* *5) Avoid snack machine when possible* *6) Give TLC to each other PRN* *7) Limit cigarettes to 1 PPD and coffee to 1 pot/day. Limit drinking to the weekend* *8) Rest when possible—try to get 6 hours of sleep per night.* *9) Ventilate frustrations in student lounge to each other* *10) Stay close to bathroom at all times* *11) Eat chocolate PRN when feeling depressed* *12) Look at calendar q day and PRN*
STAGE III: ***Severe anxiety, Increased GI problems, alcoholism, apathy, ambivalence, delusions of persecution, continued frustration, long term memory loss, insomnia, headaches.***	***May 18, 1984 7:30 p.m. (Graduation)***	*1) Tell yourself "I'm not anxious!" several times/day* *2) take mylanta PRN for stomach* *3) Prevent DT's—Go ahead and drink but be careful, remember, we will quit after graduation!!* *4) Try real hard to make it look like you care* *5) You have to decide one way or the other!* *6) Just because you're paranoid, doesn't mean they're really not out to get you.* *7) Go to student lounge and join others to blow off steam.* *8) Look at calendar t.i.d. and PRN; Remind each other of where to go and what to do.* *9) Read Nsg Journal while in bed—guaranteed to put you to sleep* *10) Take tylenol PRN, but limit to ½ bottle/day*

Alumni Banquet

Mrs. Brooks, Alumni President, calls the group to order.



Phyllis Stadler thanks the alumni for all their gifts.

Let's eat!

Senior spirits were riding high the night of the Alumni banquet. All the work was done and now they could relax. This night was their night. Indeed it was — the seniors were given first class treatment. Congratulations were given by just about everyone, for the people at the banquet had all been through Watts themselves, and they knew what an accomplishment it was to make it through the program at Watts. Social hour was first on the agenda, allowing the alumni to meet the senior class as well as allowing the alumni to see friends from years past. Following social hour was dinner. Seniors were seated up front, and the dinner included Rib-eye steak. After all had eaten it was time for awards to be given. Each year the alumni recognizes students by presenting two awards. The Beula Owens award recognizes the student who gives the most outstanding patient care — the student that gives that extra effort when caring for her patients. Paula Talbott was presented with this award. The Burke Matthews award is given for dedication through education and student activities. This award was presented to Joan Burnett. The Lois Cox award is given to an instructor who is chosen by the senior class as that instructor who has helped us the most in personal and professional growth. The class chose Joan Reinhardt to receive this award — an award she much deserved. Each of the students were encouraged to become a member of the Watts school of nursing Alumni Association. Incentive was given by providing each senior with a year's free membership.

Phyllis Stadler — class president; Joan Reinhardt — Lois Cox Award; Joan Burnett — Burke Matthews Award; Paula Talbott — Beula Owens Award.

And the number is . . .

Who will get this door prize?

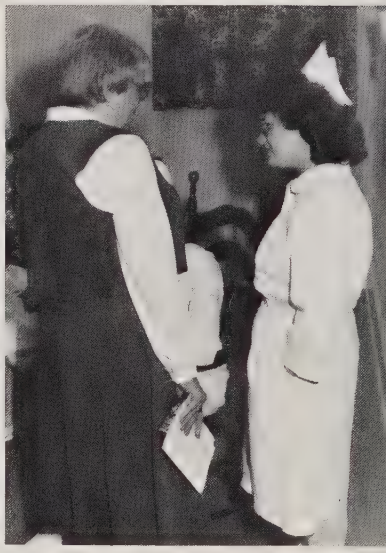
Almost There

Don't take a picture of me!

The seniors grow anxious as it is almost time.

Everything has to be just right for this special night.

Ms. Faulkner checks everyone out.



Mrs. Holloway bids her final good-byes.

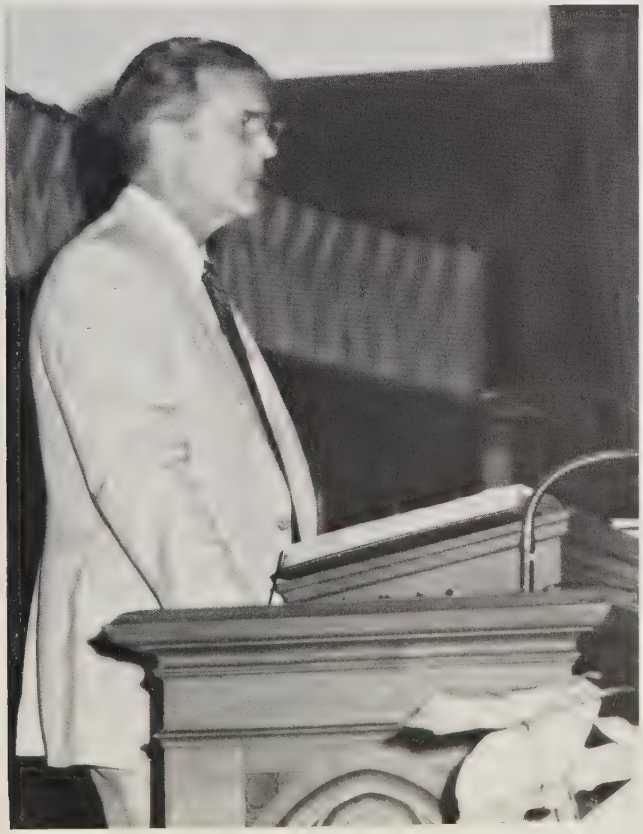
Pat Anderson is ready to go.

We Made It!

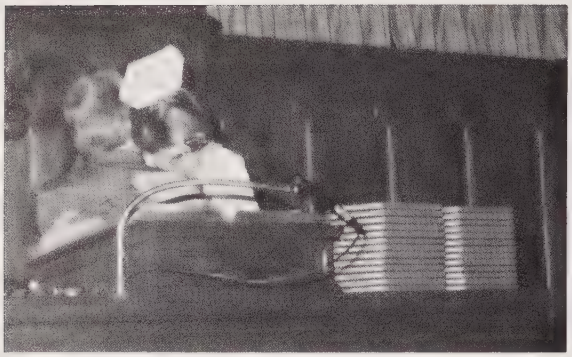
Let's do it!

Finally, Administration stands for us

Phyllis announces "We made it!"



Awards and Diplomas



Becky Stafford is awarded the N.D. Bitting Prize.

Pat Hagler is presented the Auxiliary award and Bonnie D. Sawyer Prize.

Sheri Pender is presented the A.G. Ca Mem. Award.

Mrs. Robeson announces the graduating class.

Taking a moment to stop and smell the roses.

I did it!

Carolyn Overby presents the graduates with their class flower.

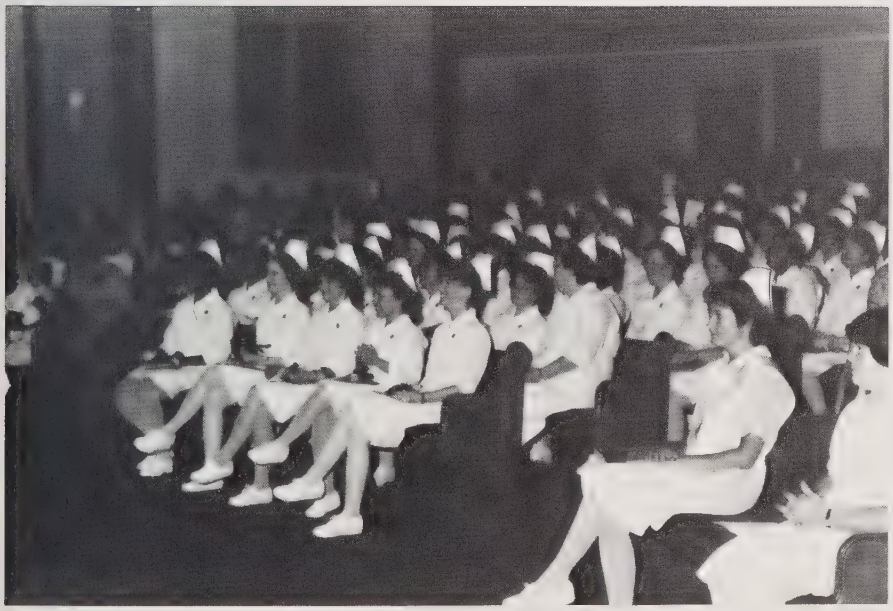
Super Seniors Say So Long!

The class of '84 — We made it!

EIGHTY-SEVENTH WATTS GRADUATION

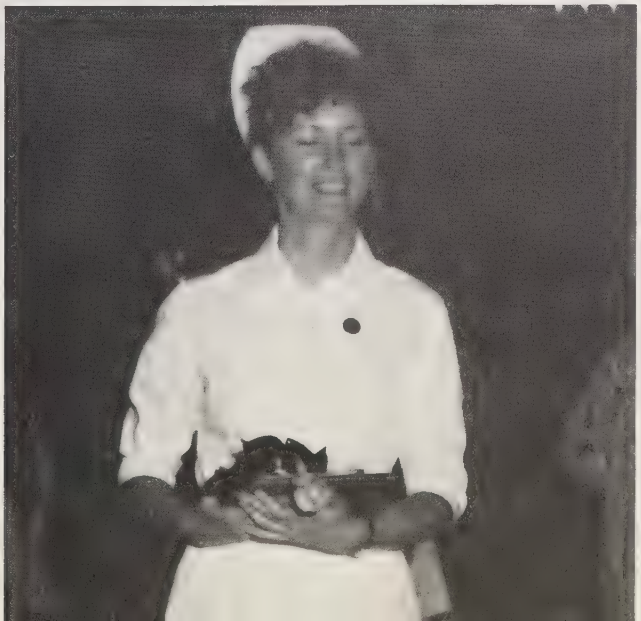
The eighty-seventh Watts graduation is about to begin
Candidates stand proud and tall as they begin to file in.
Three years of preparation went into this special day,
and taught them to care for patients the Watts School way.
Kindness and understanding are a part of the Watts tradition,
as well as new technologies is this computer condition.
Taking care of patients from the very start,
helps to learn better communication, skills, and nursing art.
We have made many changes to do better and keep in touch,
but we haven't changed the character of Watts nurses as such.
We hold on to the reputation gained through many years,
and we present you to the world with pride and no fears.
So, move out with our blessings as you go on your way.
We are proud of you and know that Watts tradition is here to stay.

Penny Holloway



Smiling faces mark the end of three long years.

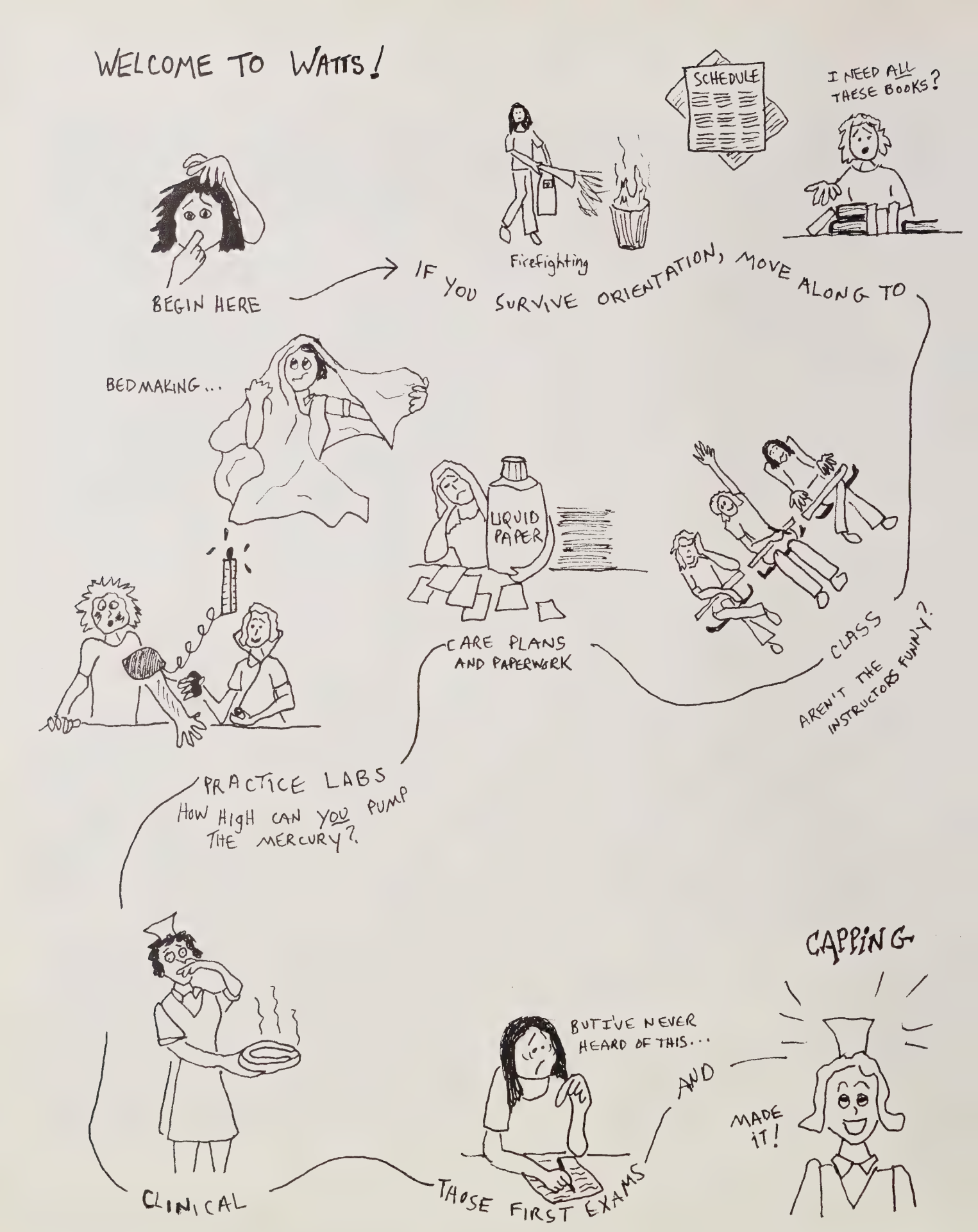
YEAH!



How sweet it is!

The Ups and Downs

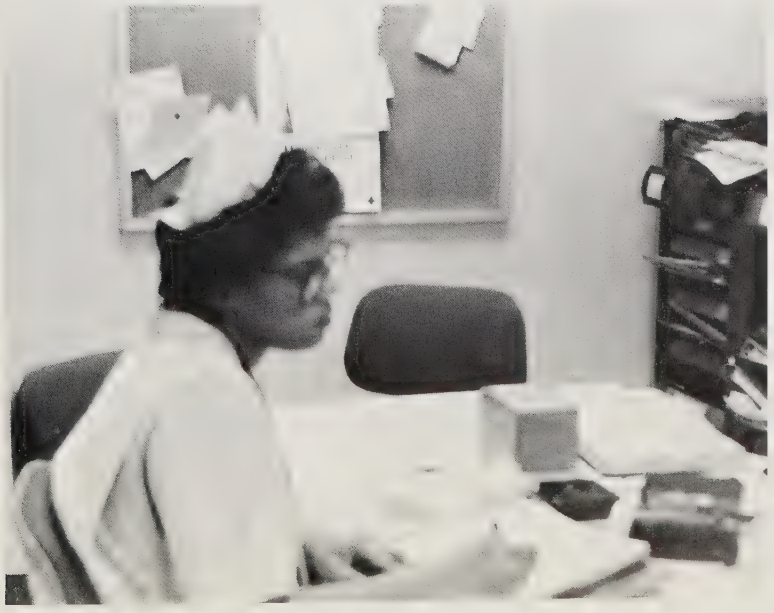
Of Clinical!!


WELCOME TO WATTS!
SCHEDULE
I NEED ALL THESE BOOKS?
Firefighting
BEGIN HERE
IF YOU SURVIVE ORIENTATION, MOVE ALONG TO
BEDMAKING...
LIQUID PAPER
CARE PLANS AND PAPERWORK
CLASS
AREN'T THE INSTRUCTORS FUNNY?
PRACTICE LABS
HOW HIGH CAN YOU PUMP THE MERCURY?
CAPPING
BUT I'VE NEVER HEARD OF THIS...
AND
MADE IT!
CLINICAL
THOSE FIRST EXAMS

Is it head to toe or toe to head?

You wouldn't believe what happened to me today!

Hurry, my feet are killing me.



Let's see, what happened next?

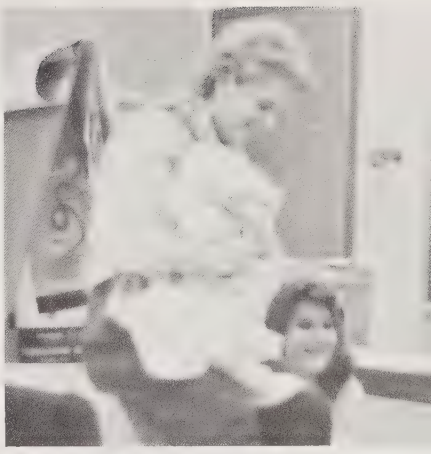
Smiling faces, after a day of clinical?

Juniors

The junior year is one of excitement at new discoveries, anxiety over grades, exhaustion after clinical, and cherished friendships.

Obstetrics carries us through countless hours of working on our case study and awaiting that special call to hear, "I'm ready," welcoming new lives into the world, and seeing the joyous faces of proud new parents. Pediatrics with Jane and Myrtle is a call we will always remember. Our days are filled with roleplaying, developmental tasks, drug calculations, and big brown eyes with big round tears looking up at us. In Med-Surg nursing we encountered patient care analysis, nursing care plans, and the endless tasks of clinical procedures.

In conclusion, the Jr. year is one of many new experiences, and one to celebrate, for there is only one more year to go!

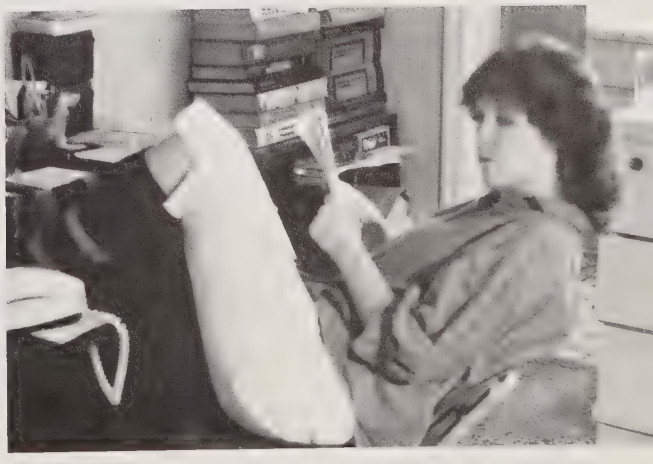


The things we do for a grade.

Now, how did Myrtle say this thing worked?

Mrs. Carroll expects us to do what?

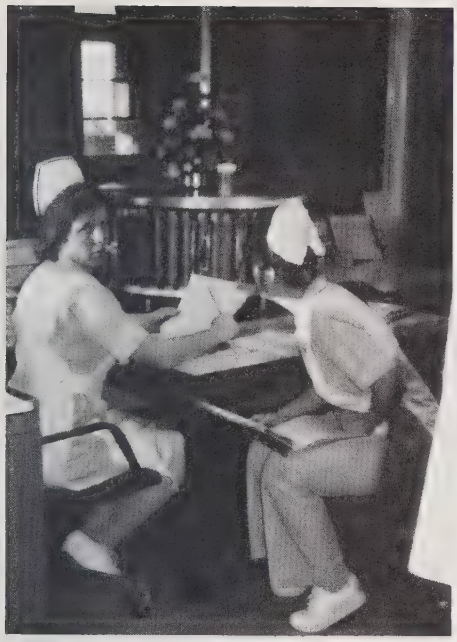
We listen to bowel sounds with these?



Day dreaming is much more fun than studying.

Seniors

Senior year: enthusiasm is only a masquerade!!

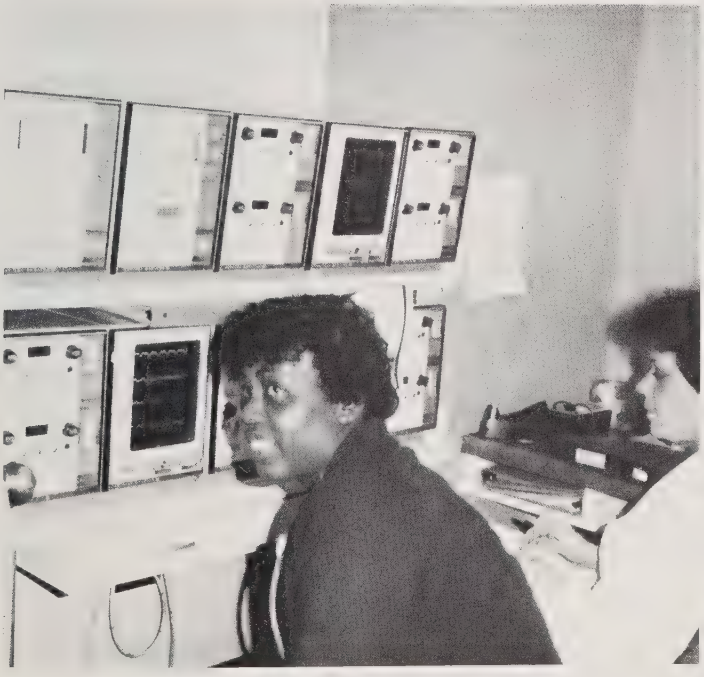


You want me to do what? By when??

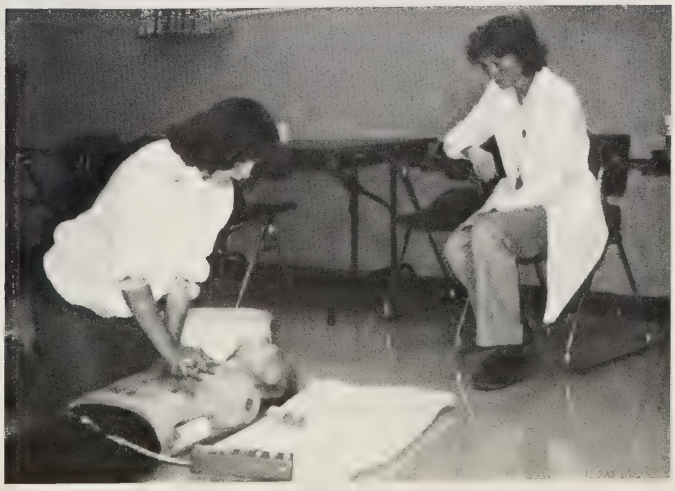
"I just love being a student nurse!!!"

All together now 1-2-3-!!

I hope this is the right button to push!!



What, sit here another hour, are you kidding?



One-one thousand, two-one thousand, three-one thousand . . .

Are you sure you don't want anything else to eat?

Health Fair

Associations

Student Government

White Cap

Santa Filomena

SNA

Student Council

Council members: (Top L-R) Carolyn Overby, Junior Class President; Joan Burnett, Vice-President; Tammy Melton, President-Elect; Phyllis Stadler, Senior Class President; (Bottom L-R) Melissa Whicker, Treasurer; Joan Reinhardt, Advisor; and Susan Craft, President. Not pictured: David Williams, Advisor; Michelle Ellis, Secretary; and Chris Burns, Freshman Class President.

The student council coordinates student body activities throughout the year. This year they also strived to promote faculty involvement in student functions. In addition to the annual fall and spring picnics, the Christmas and White Cap dances, the council sponsored a faculty auction and a T-shirt sale to raise money for the student government. These new activities were large successes.

Meeting attendance and member involvement was said to be very good this year. Advisor Joan Reinhardt was also very supportive to the organization.

President Susan Craft directs student council meeting.

Vice-President Joan Burnett and other council members plan for student body projects.

Advisor Joan Reinhardt and Senior Class President Phyllis Stadler listen on.

Crafty consults the agenda.

Santa Filomena

This year's Santa Filomena members include Nancy Winne, Sherrie Pender, Diane Holloway, Pat Hagler, Carol Carowon, Kim Bailey, Mary Fong, Susan Craft, and Paula Talbott.

Santa Filomena is an honorary society composed of nine members of the senior class chosen by classmates and faculty for the qualities of motivation, dedication, leadership, and contribution toward the betterment of the school of nursing. Each member must have shown a high degree of scholastic achievement through both clinical and an academic average of eighty-seven or above during the first two years. The members are tapped at the Black Banding ceremony by the previous society members.

Members present discuss plans for future projects.

Santa Filomena officers are First Lady Paula Talbott, Secretary Nancy Winne, Treasurer Kim Bailey, and Advisor Betty Hinshaw.

Student Nurses Association

Officers: Ed Hammit, President; Doree Behrman, Vice-President; Robyn Roberts, Secretary; Krista Flair, Treasurer.

With the work of Ed Hammitt and Doree Behrman, the students at Watts were given an opportunity to become a part of the National Student Nurses Association (NSNA) which is the only national organization for student nurses. The purpose of NSNA is to assume responsibility for contributing to nursing education in order to provide for the highest quality health care; to provide programs representative of fundamental and current professional interests and concerns and aid in the development of the whole person, his/her professional role, and his/her responsibility for the health care of people in all walks of life. Some of the benefits include: each student receives the official magazine; career planning guide; financial assistance; reduced rate and discounts, and many more.

Activities of the Watts chapter of the NSNA included having a guest speaker on items of current nursing interest at monthly meetings. Leading a tour of the hospital to respective Watts students on Visitation Day. Sending 2 delegates to the 1984 State Student Nurses Assoc. Convention, and sponsoring a team in the Walk American Walk-a-thon for the March of Dimes.

Delegates Michelle Ellis and Diana Lacombe.

White Cap

The White Cap staff puts the yearbook together each year in hopes that the students will have a way of remembering their days at Watts. Lots of time and hard work goes into the production of the book. Thanks goes out to all who helped out with this edition.

Advisor: Gail Pruett; Co-editors: Tamara Ashley and Joan Burnett.

Tammy Melton, Sandra Anderson, and Janet Clayton are members of the White Cap staff. Not pictured are Paula Zimmerman and Kim Long.

Deanne Dixon: Business Manager.

Sandra Anderson: Photography Editor.

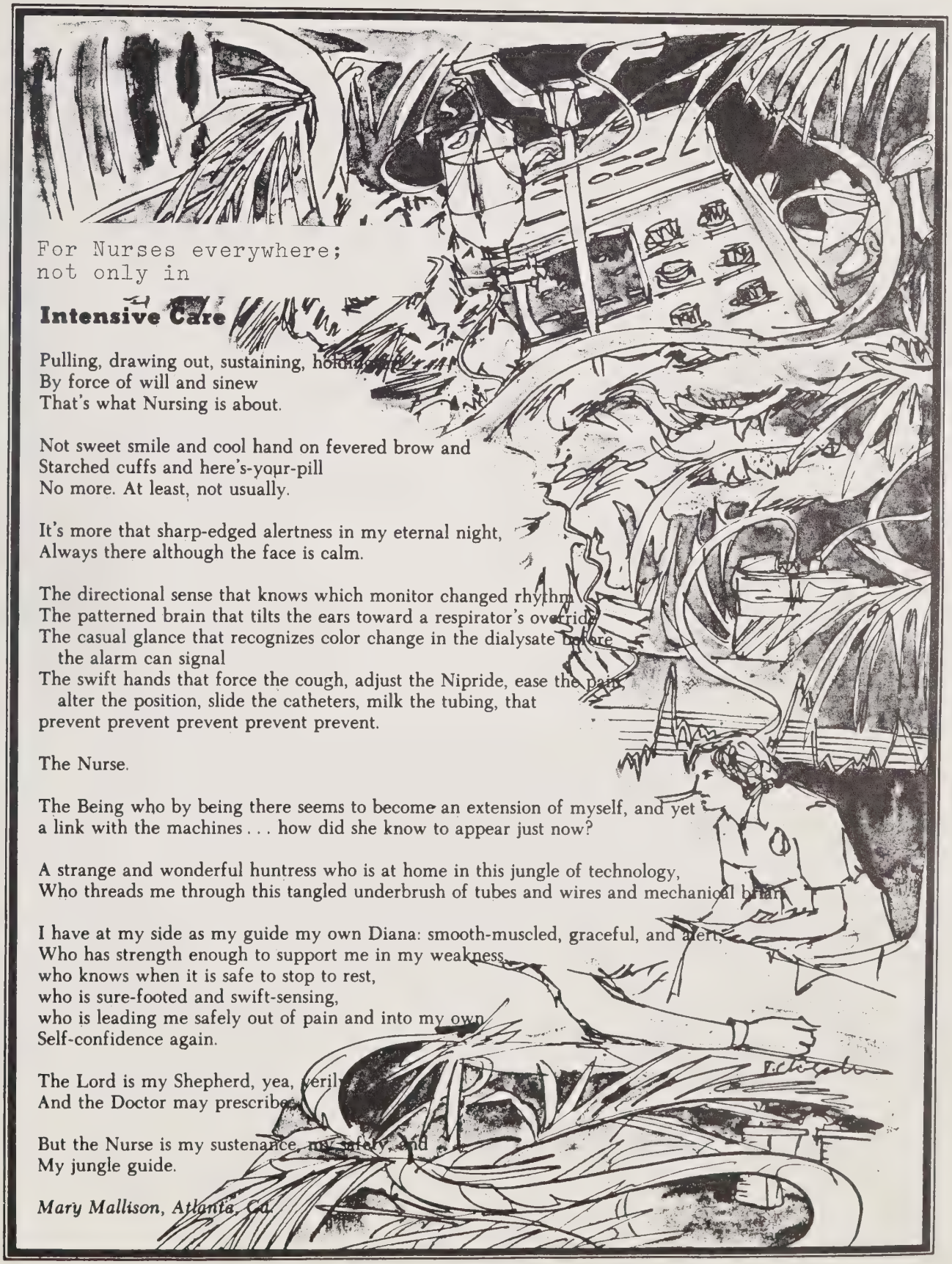
CONGRATULATIONS

TO THE

CLASS OF 1984

"WE LOOK FORWARD TO HAVING YOU JOIN US."

WATTS SCHOOL OF NURSING
ALUMNI ASSOCIATION
ACTIVE SINCE 1910



For Nurses everywhere;
not only in

Intensive Care

Pulling, drawing out, sustaining, holding back
By force of will and sinew
That's what Nursing is about.

Not sweet smile and cool hand on fevered brow and
Starched cuffs and here's-your-pill
No more. At least, not usually.

It's more that sharp-edged alertness in my eternal night,
Always there although the face is calm.

The directional sense that knows which monitor changed rhythm
The patterned brain that tilts the ears toward a respirator's override
The casual glance that recognizes color change in the dialysate before
the alarm can signal
The swift hands that force the cough, adjust the Nipride, ease the pain,
alter the position, slide the catheters, milk the tubing, that
prevent prevent prevent prevent prevent.

The Nurse.

The Being who by being there seems to become an extension of myself, and yet
a link with the machines . . . how did she know to appear just now?

A strange and wonderful huntress who is at home in this jungle of technology,
Who threads me through this tangled underbrush of tubes and wires and mechanical briars.

I have at my side as my guide my own Diana: smooth-muscled, graceful, and alert,
Who has strength enough to support me in my weakness,
who knows when it is safe to stop to rest,
who is sure-footed and swift-sensing,
who is leading me safely out of pain and into my own
Self-confidence again.

The Lord is my Shepherd, yea, verily
And the Doctor may prescribe

But the Nurse is my sustenance, my safety, and
My jungle guide.

Mary Mallison, Atlanta, Ga.

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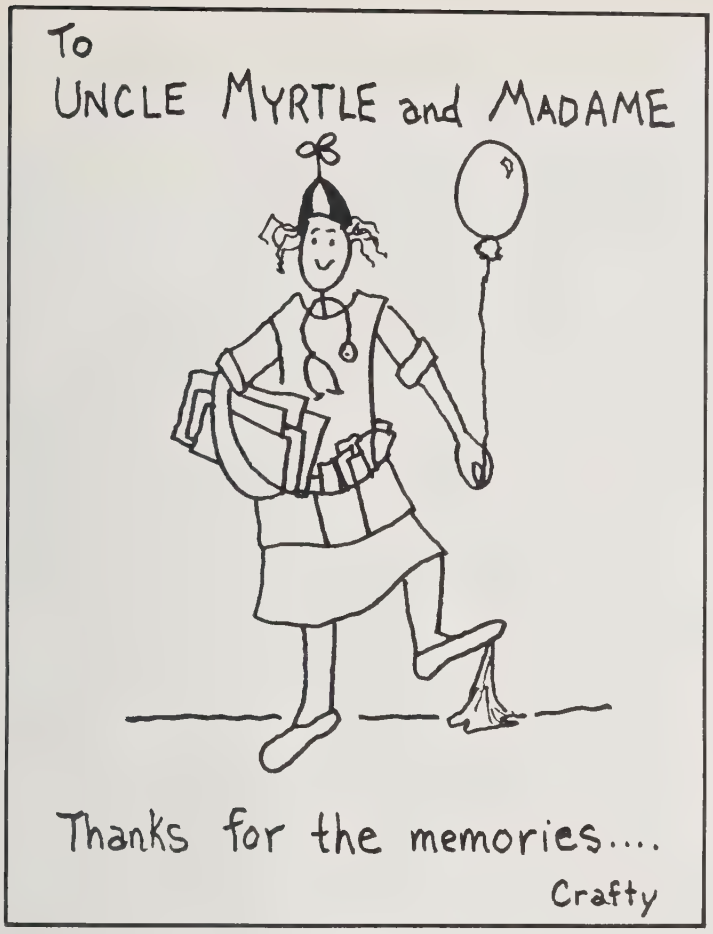

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Kathy Barger, Hd. Nse. Ped.
Greta Brooks
Robert A. Buchanan, Jr. M.D.
Rollin S. Burhans, M.D.
Marie O. Casey
Chapel Hill Obstetrics and Gynecology, P.A.
Dr. John M. Cheek, M.D., P.A.
James E. Davis, M.D.
Walter E. Davis, M.D.
Durham Chest and Allergy Assoc.
Mr. and Mrs. S. Scott Ferebee, III
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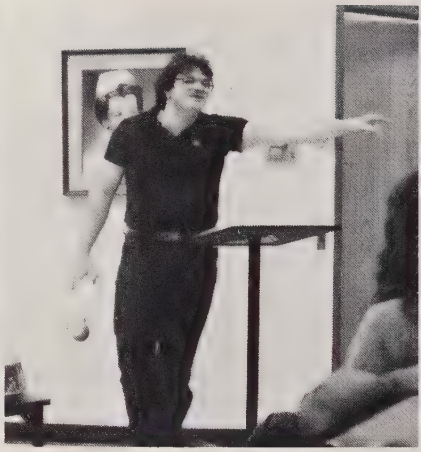
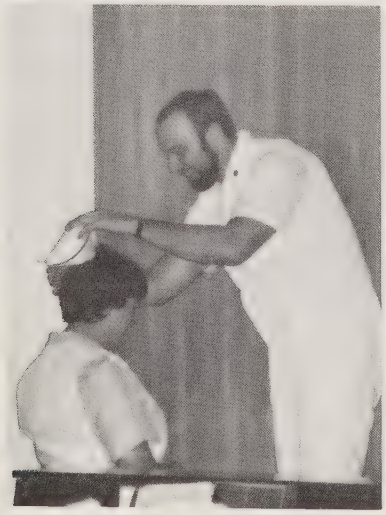
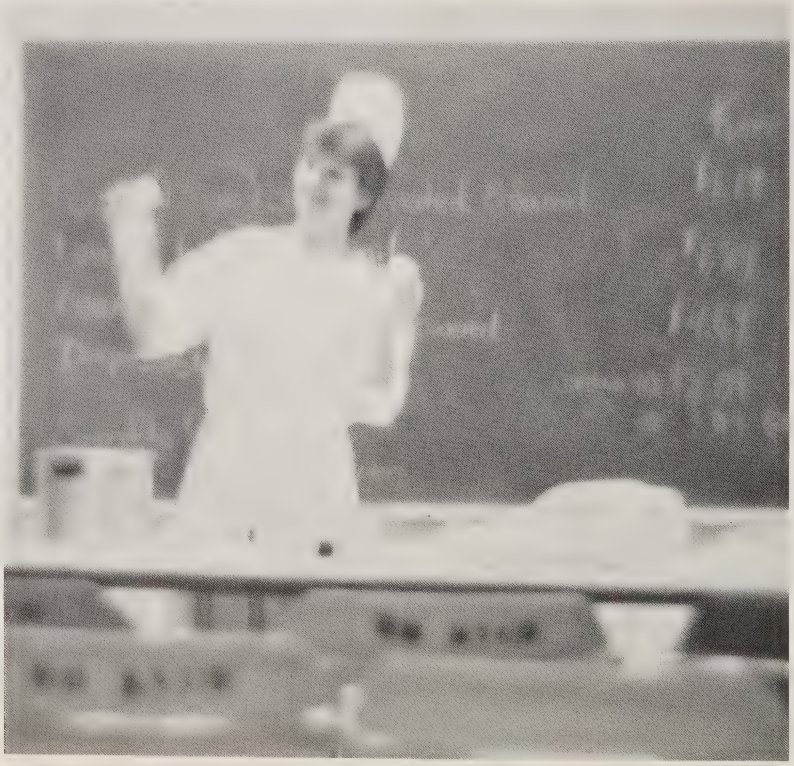
An Era of Pride







Yes, the past 87 years at Watts have been an era of pride. The students now, as in the past, take pride in giving the best patient care possible, while at the same time studying hard so they can do well on their tests. The freshmen showed their pride when they were capped, signaling that they had made the first hurdle on their way to becoming a Watts nurse. The juniors were filled with pride as they were black banded. The black band indicated that they were considered upperclassmen and had made it through all the trials and tribulations of their junior year. As for the seniors — well — when they received their pin and diploma, they swelled with pride as they realized that they were now a part of an elite group, they were now Watts graduates.

An era of pride — certainly, and hopefully one that will continue. Plans for Watts future include the offering of a one-two program where the students will take certain required courses at the college of their choice the first year and will then come to Watts for their nursing education. This will hopefully be more attractive for prospective students as well as less expensive for the hospital, while at the same time allowing Watts to stick with the Diploma program and maintain their longstanding tradition.

Thanks

To the yearbook staff:

There was much debate last summer as to whether we should even have a book this year. Past experience had taught us that although many people say they will help with the book, most of the work ends up on 2-3 people. When time for work came, the people would always be too busy. We debated, and for selfish reasons decided to go ahead and have a book. At our first meeting we had many people and were cautiously optimistic. Again we knew from past experience that this wasn't unusual. When the time came for our second meeting and we called the people who were at the first meeting, several people said they just had too much to do. We still ended up with 8-9 people . . . YOU! And you worked very hard. Thanks to you we have a book. All of you stuck with the book and did what was asked even through peds and OB. You never complained when we gave you pages to do and you always met the deadlines. Many of you offered to do more than was asked. You were wanting to learn early about what all had to be done so you could carry on the next year. All of you are very special people, your dedication and hard work has helped to make this a very special book.

Best of luck in the future
We love you all,

Joan Burnett
Tamara Ashley